



4 Fiber Overnight Oats

INGREDIENTS:

- 27g gluten-free rolled oats
- 2 tsp chia seeds
- 2 tsp pumpkin seeds
- 1 tsp psyllium husk
- 1 scoop vanilla protein powder
- 3/4 cup unsweetened cashew milk
- Cinnamon, to taste
- Pinch of kosher salt
- Splash of vanilla extract

INGREDIENTS:

- Add all ingredients to a small glass jar, dry ingredients first.
- Secure the lid and shake until combined.
- Refrigerate overnight.
- Optional: sprinkle extra cinnamon on top before serving.

Nutrition Information: values may vary depending on products/brands used. Makes 1 serving.

CALORIES: 350
FAT: 10G
CARBS: 24G
PROTEIN: 40G
FIBER: 13G

