



Baklava-Style Overnight Protein Oats

3 servings

8 hours

Ingredients

- 1 cup Plain Coconut Milk (from the carton)
- 2 tsps Chia Seeds
- 2 tsps Raw Honey
- 2 tsps Lemon Juice
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1 cup Oats
- 1/4 cup Pistachios (chopped)
- 1/4 cup Walnuts (chopped)
- 1/4 cup Vanilla Protein Powder (1/4 cup = 1 scoop)

Nutrition

Amount per serving	
Calories	309
Fat	16g
Saturated	3g
Carbs	31g
Fiber	6g
Sugar	7g
Protein	14g
Cholesterol	1mg
Sodium	125mg

Directions

- 1 In a shaker cup, mix up the coconut milk, protein powder, chia seeds, honey, lemon juice, cinnamon, and salt. Stir in the oats.
- 2 Divide evenly between jars. Refrigerate overnight or for at least eight hours. When ready to serve, top with pistachios and walnuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add a splash of rose water to the oat mixture.

More protein: Use a little more protein powder or also add some collagen powder as well.