

Zucchini Bread Recipes

High-Protein Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] ½ cup Greek yogurt
- [ ] 1 scoop vanilla protein powder
- [ ] 1 tbsp honey
- [ ] ½ tsp cinnamon
- [ ] ¼ tsp salt
- [ ] 1 tbsp chia seeds

Optional Toppings

- [ ] ½ cup fresh berries
- [ ] 1 banana, sliced
- [ ] 2 tbsp chopped nuts
- [ ] Drizzle of almond butter

Instructions

1. In a large mason jar, combine rolled oats and almond milk; stir gently.
2. Add Greek yogurt, protein powder, honey, cinnamon, and salt; whisk until smooth.
3. Stir in chia seeds, then seal the jar and refrigerate for at least 4 hours or overnight.
4. In the morning, give the jar a quick stir, top with your favorite berries, banana, and nuts, then enjoy.

Nutrition per serving

350 kcal	28 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, use a splash of extra yogurt right before serving.
- If you prefer a thinner consistency, add a little more almond milk after soaking.
- A pinch of nutmeg pairs nicely with the cinnamon for a warm spice note.