

Plate Dream

High-Protein Overnight Oats

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1/2 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1 scoop vanilla whey protein powder
- [ ] 1 tbsp chia seeds
- [ ] 1 tsp honey
- [ ] 1/2 tsp vanilla extract
- [ ] Pinch of salt

Toppings

- [ ] 1/2 cup fresh mixed berries
- [ ] 1 tbsp sliced almonds
- [ ] Extra drizzle of honey (optional)

Instructions

1. In a mason jar or bowl, combine rolled oats and almond milk; stir until the oats are fully submerged.
2. Add Greek yogurt, whey protein, chia seeds, honey, vanilla, and a pinch of salt; mix gently to integrate everything.
3. Seal the container and refrigerate overnight, or at least 4 hours, allowing the oats and chia to soften.
4. In the morning, give the mixture a quick stir, then top with fresh berries, sliced almonds, and an optional drizzle of honey before serving.

Nutrition per serving

340 kcal	28 g	38 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick, add a splash of milk to loosen.
- For extra creaminess, blend the base ingredients before chilling.
- Swap berries for sliced banana or mango for seasonal variety.