

Salted Caramel Overnight Oats

Recipe makes 1 serving

Ingredients

- 1/2 C Dry Oats
- 1/2 C Fat Free Fairlife Milk
- 5.3 oz single Oikos Salted Caramel Greek Yogurt
- 1 scoop Legion Vanilla Protein Powder, or brand of choice
- 2 Tbsp International Delight Caramel Macchiato Creamer
- Pinch of Salt



Instructions

1. In a sealable container, add all of the above ingredients.
2. Mix well, cover, and place in the fridge overnight. You can eat these cold or warmed up the next day.
3. Enjoy!

***Caramel sauce topping is not included in these macros, but it is something you can add if you prefer.**

Nutrition Profile

- per serving -

Calories - 460
Fat - 6g
Carbohydrates - 52g
Protein - 49g
***Fiber - 4g**

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