

# GLAM PRO OVERNIGHT OATS



## INGREDIENTS:

- 1 Scoop **GLAM PRO Ravishing Red Velvet OR Breakfast in Bed protein powder**
  - 1/2 cup oats
  - 3/4 cup milk of choice
- ## TOPPINGS:

- 1 Tbsp nuts or seeds
- 1/2 Cup fruit of choice

## DIRECTIONS:

1. Mix **GLAM PRO**, milk, and oats.
2. Place in the fridge for at least 8 hours.
3. In the morning add your toppings

Enjoy!

Macros will vary depending on selected toppings

Makes 1 Serving

Calories: 272 | Protein: 20 gm | Carbs: 29 gm | Fat: 4 gm