



OVERNIGHT PROTEIN OATS

INGREDIENTS:

- 1 cup egg whites
- 1.5 cups filtered low fat milk, soy milk, or pea milk
- 1 cup rolled oats
- 1 tsp cinnamon
- 1 tbsp honey
- 1 medium apple
- 1/4 cup raisins

DIRECTIONS:

1. You'll need a medium sauce pan
 2. Add 1 cup of the milk (reserve 1/2 cup for later), egg whites, oatmeal, and cinnamon to the sauce pan. Mix well
 3. Cook on medium heat until mixture thickens, around 10-15 minutes. Stir occasionally to ensure it's cooking evenly.
 4. Once the mixture thickens remove from heat, add reserved 1/2 cup of milk, apples, honey, and raisins. Mix well
 5. Separate into 4 equal servings (~3/4 cup)
 6. Set in the fridge overnight
 7. Optional: Top with nuts or seeds (macros listed without nuts)
- Enjoy!



Makes 4 Servings | 1 Serving = 3/4 cup
Calories: 205 | Protein: 14 g | Carb: 35 g | Fat: 1 g | Fiber: 4 g