

PEACHES & CREAM OVERNIGHT OATS



INGREDIENTS:

- 1 scoop Birthday Bliss Glam Pro
- 3/4 cup Filtered Milk, Soy Milk, or Pea Milk
- 1/4 cup Oatmeal
- 2 tbsp Chia Seeds
- 1/2 large Peach
- 1/4 cup Nonfat Greek Yogurt

DIRECTIONS:

1. You'll need a Mason Jar or tall container
2. Mix Glam Pro, milk, chia seeds, oatmeal, and chopped peach. Mix well
3. Top with Greek yogurt
4. Allow to sit overnight or at least 8 hours

Enjoy!

Makes 1 Serving

Calories: 389 | Protein: 37 g | Carb: 39 g | Fat: 10 g | Fiber: 10 g