

★ CHAMPION'S KITCHEN ★

EST. 2019

GOLD MEDAL CAFE

FUEL · RECOVER · ELEVATE



ADD PHOTO



PREP

5 MIN



COOK

4-8 HR



SERVES

4



DIFFICULTY

EASY

OVERNIGHT OATS

INGREDIENTS

- 2 cups Rolled oats
- 2 cups Milk/Alternatives
- 1 cup Greek yogurt
- 2 TBSP Honey/Maple Syrup
- Portein powder (optional)

<Flavor 1: PB& Banana>

- 1/3 cup PB
- 1/3 cup chocolate chips
- 2 Bananas

<Flavor 2: Berry>

- 1 cup mixed berry
- 2 TBSP flax/chia seeds

<Flavor 3: Tropical>

- 1 cup Frozen mango
- 1/4 cup coconut flakes

INSTRUCTIONS

- 01** In a large container, mix all of the ingredients.
- 02** Cover the container and place it in the refrigerator for 8 hrs (minimum - 4 hrs)



Nutrition Tips:

High protein

