★ CHAMPION'S KITCHEN ★ EST. 2019

GOLD MEDAL CAFE

FUEL · RECOVER · ELEVATE

★★★★★



PREP	COOK	SERVES	DIFFICULTY
5 MIN	4-8 HR	5 x 1-cup Portion	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)

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USA WRESTLING

Nutrition Tips:

Great breakfast or snack option containing complex carbohydrates to support muscle glycogen replenishment and protein for muscle repair and recovery. Add different “flavors” to switch things up while also adding nutritional value. This time-saving recipe is perfect for busy athletes. Preparing a large batch ahead of time eliminates morning cooking stress for athletes with early training schedules!