



cara price

OVERNIGHT N'OATMEAL {GRAIN-FREE & DAIRY-FREE}

INGREDIENTS

1/2 cup non-dairy milk, unflavored & unsweetened
1 scoop protein powder
2 tablespoons peanut butter {or other smooth nut butter}
2 tablespoons sliced almonds
1 tablespoon chia seeds
1 tablespoon maple syrup
1 tablespoon shredded coconut

DIRECTIONS

in a shaker bottle, combine milk & protein. shake until completely blended & set aside.

place the shredded coconut, chia, almonds, maple syrup & nut butter in a medium size jar. give it a stir.

then pour the protein milk into the jar & stir well, then place the lid on the jar & shake vigorously.

refrigerate overnight.

garnish with berries, sliced almonds & drizzled honey.