

Helergon Kitchen

# High-Protein Overnight Oats Recipe

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|---|---|---|
| **10 min**<br>Prep time | **10 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] ½ cup vanilla whey protein powder
- [ ] 1 tbsp chia seeds
- [ ] 1 tsp ground cinnamon
- [ ] ½ tsp lemon zest
- [ ] 1 tbsp honey or maple syrup

### Optional Toppings

- [ ] Fresh berries
- [ ] Sliced almonds
- [ ] Nut butter drizzle
- [ ] Coconut flakes

## Instructions

1. In a large jar, combine rolled oats and chia seeds; they add gentle thickness.
2. Pour almond milk over the dry ingredients, then whisk in vanilla whey protein until smooth, avoiding lumps.
3. Stir in cinnamon, lemon zest, and honey; Protein Bar fans love the subtle sweet balance.
4. Seal the jar and refrigerate for at least 4 hours, preferably overnight, allowing the oats to fully hydrate.
5. In the morning, give the mixture a good stir, top with your favorite berries, nuts, or a swirl of nut butter, and enjoy.
6. If you prefer a warm breakfast, microwave for 30-45 seconds before adding toppings.

### Nutrition per serving

| 380 kcal | 30 g | 45 g | 9 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- Adjust liquid if you like a looser or thicker consistency.
- For extra crunch, add toasted oats or granola just before serving.
- A pinch of sea salt can enhance the sweet flavors.