



Protein Overnight Oats

Ingredients

- 3 cups rolled oats
- 1/4 cup chia seeds
- 1 Serving ESC Whey Protein Isolate
- 2.5 cups whole milk (or your preferred dairy milk)
- 1/2 cup honey (or maple syrup)
- 2 tablespoons vanilla extract

Directions

1. **Mix Ingredients:** In a large bowl, combine the oats, chia seeds, whey protein, and milk.
2. **Sweeten & Flavor:** Stir in the honey and vanilla extract.
3. **Let It Sit:** Allow the mixture to sit in the fridge for at least 4 hours or overnight to absorb the liquid and soften.
4. **Serve:** Enjoy cold, or heat it up for a warm, protein packed breakfast!

Nutritional Facts	
Servings Per Batch	4
Serving Size	1
Amount per Serving	
Calories	300
Carbs	45g
Fat	8g
Protein	15g

*Nutritional Facts will vary depending on ingredients