

## OVERNIGHT OATS

# PEANUT BUTTER & CHOC

### INGREDIENTS:

- 1/2 Cup Rolled Oats
- 1 tsp Chia Seeds
- 1 tsp Maple Syrup
- 2 tsp Peanut Butter
- 1 tsp Chocolate Chips
- Dash of Sea Salt
- 1/2 Cup Milk Alternative
- 1 Scoop Bioteen Chocolate or Unflavoured Whey Protein or Plant Protein

### METHOD:

Place all ingredients in a jar and stir. Allow to soak for at least 2 hours or overnight. Add your favourite toppings. Store refrigerated for up to 3 days.

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