Chocolate Banana Overnight Oats

Ingredients

- 1 banana, cut in half
- 1 cup old fashioned oats (large flaked)
- 1/2 tbsp chia seeds
- 1 1/2 cups unsweetened vanilla almond milk
- 4 tbsp chocolate protein powder
- 2 tsp cacao nibs
- 1 tbsp of nut butter (optional)

Making it

1. Cut one half of the banana in slices, and mash the other half
2. Add mashed banana, oats, almond milk, protein powder and chia seeds into a bowl. Stir until the protein powder has dissolved
3. Seal container with a lid and refrigerate overnight
4. The next morning, top with banana slices, cocoa nibs and almond butter for a high calorie breakfast. For a lower calorie option, omit these toppings and just add berries.

Nutrition Facts

<table>
<thead>
<tr>
<th>PER SERVING</th>
<th>Calories (kcal): 359</th>
<th>Fat (g): 6.5</th>
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<tbody>
<tr>
<td></td>
<td>Carbohydrate (g): 56</td>
<td>Fibre (g): 7.3</td>
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<td>Protein (g): 29.3</td>
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Tips & Hints

Much of the liquid will be absorbed in the morning, so you may want to add a small amount of almond milk before serving.