



PEANUT BUTTER CARAMEL LATTE OVERNIGHT OATS

Gluten-Free / Dairy-Free / Low-Sugar

Recipe by Kat (@katalysthealth) and
featured on MariGoldBars.com

INGREDIENTS:

- 1/2 cup gluten-free rolled oats
- 1 scoop MariGold Vanilla Collagen Latte High Protein Coffee Powder
- 1/2 tablespoon chia seeds
- 1 tablespoon peanut butter
- 1/2 cup almond milk

Caramel

- 1 tablespoon peanut butter
- 1 tablespoon maple syrup/honey

Toppings (optional)

- Sliced Banana
- Cacao Nibs

DIRECTIONS

1. Mix together oat ingredients & let sit overnight.
2. When ready to eat, mix together caramel & drizzle over top with banana & cacao nibs.



Featuring MariGold
Vanilla Collagen Latte
High Protein Coffee Powder
(MariGoldBars.com)

