



## STRAWBERRY BANANA PROTEIN OVERNIGHT OATS

Protein-Rich / Clean Eating

Recipe by Katie (@cookingkatielady)  
and featured on MariGoldBars.com

### INGREDIENTS:

- 1/2 cup old fashioned oats
- 1/4 cup plain nonfat Greek yogurt
- 1 Scoop (15g) MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1/2 cup unsweetened vanilla almond milk
- 1 tsp cinnamon
- Dash salt
- 1 tbsp sugar free syrup
- 1/2 tsp vanilla extract
- 1/8 tsp almond extract
- Strawberry & Banana slices

### DIRECTIONS:

1. Add all ingredients into a mason jar or Tupperware.
2. Stir to combine and refrigerate for at least 3 hours or overnight.

*TIP: You can add chia seeds to your oats as well for more nutrients!*



Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Coffee  
(MariGoldBars.com)

