



Protein Mocha Overnight Oats



INGREDIENTS

- 1 cup Hy-Vee 2% reduced-fat milk
- 1 cup Hy-Vee old-fashioned oats
- ¼ cup Performance Inspired chocolate whey protein powder
- 2 tbsp Hy-Vee cocoa powder
- 1 tbsp instant espresso powder
- 1 tbsp light agave nectar
- Desired toppers, such as: sliced bananas, raspberries, granola, chia seeds, and/or chocolate chunks

PREPARATION

- 1 Combine milk, oats, protein powder, cocoa, instant espresso powder, and agave nectar in a medium jar. Cover and refrigerate 8 to 12 hours. Serve with desired toppers.

NUTRITION FACTS

Calories: 610
Total Fat: 13g
Saturated Fat: 6g
Cholesterol: 45mg

Sodium: 240mg
Carbohydrates: 96g
Fiber: 12g
Sugar: 29g
Protein: 36g