

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Pecan Pie Overnight Oats



INGREDIENTS

- 1/2 cup Caramel 30 Premier Protein Shake
- 1/4 cup rolled oats
- 1 teaspoon chia seeds
- 1/4 cup vanilla flavored Greek yogurt
- 1 Tablespoons maple syrup
- 1 Tablespoon pecans, coarsely chopped
- Dash of salt

DIRECTIONS:

1. Add ingredients to two small mason jars.
2. Close, shake, and refrigerate overnight (or at least 4 hours).