



**Nutrition Information Per Serving:**

Calories: 450  
Protein: 21 g  
Carbohydrates: 62 g  
Fat: 14 g  
Fiber: 9 g

<b>PREP TIME</b> <b>10</b> mins	<b>CHILL TIME</b> <b>8</b> hrs	<b>TOTAL TIME</b> <b>8:10</b> hrs mins	<b>RECIPE MAKES</b> <b>2</b> serving
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No one wants to wake up 30 minutes early just to get a hearty breakfast on the table. That's where this filling and protein-packed breakfast bowl comes in! Make the overnight oats the night before so that you can get in some extra shut-eye in the am. Not only is it delicious, it's got a whopping 21 grams of protein that will fuel your day!

## INGREDIENTS

**Overnight Oats:**

- 1 1/3 cups Milk (or milk substitute)
- 1 cup Rolled oats
- 1 Container of 5.3oz. strawberry Muuna cottage cheese
- 1 Tbsp. Chia seeds (optional)

**The toppings:**

- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Pear, chopped
- 1/2 Banana, sliced
- 1/8 cup Sliced almonds
- Drizzle of nut butter (almond butter or peanut butter will work)

## INSTRUCTIONS

- 1)** Pour the overnight oats ingredients into a large glass lidded container. Note: You can also pour the ingredients into two glass jars and eat one in the morning and save one for later in the week!
- 2)** Cover and refrigerate overnight (or for at least 4 hours).
- 3)** Divide the overnight oats mixture and the toppings between two bowls.
- 4)** Enjoy immediately!