

Helergon Kitchen

High-Protein Overnight Oats Recipe

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] ½ cup vanilla whey protein powder
- [ ] 1 tbsp chia seeds
- [ ] 1 tsp ground cinnamon
- [ ] ½ tsp lemon zest
- [ ] 1 tbsp honey or maple syrup

Optional Toppings

- [ ] Fresh berries
- [ ] Sliced almonds
- [ ] Nut butter drizzle
- [ ] Coconut flakes

Instructions

1. In a large jar, combine rolled oats and chia seeds; they add gentle thickness.
2. Pour almond milk over the dry ingredients, then whisk in vanilla whey protein until smooth, avoiding lumps.
3. Stir in cinnamon, lemon zest, and honey; Protein Bar fans love the subtle sweet balance.
4. Seal the jar and refrigerate for at least 4 hours, preferably overnight, allowing the oats to fully hydrate.
5. In the morning, give the mixture a good stir, top with your favorite berries, nuts, or a swirl of nut butter, and enjoy.
6. If you prefer a warm breakfast, microwave for 30-45 seconds before adding toppings.

Nutrition per serving

380 kcal	30 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Adjust liquid if you like a looser or thicker consistency.
- For extra crunch, add toasted oats or granola just before serving.
- A pinch of sea salt can enhance the sweet flavors.