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Cinnamon Combat Overnight Oats

Ingredients:

Old-fashioned oats, 1 cup, measured uncooked

2% milk, 6 oz.

2% Greek yogurt, 1/2 cup

MusclePharm Cinnamon Twist Combat Crunch Bar, 1 bar, cut into small pieces

Cinnamon, 1 tsp

Sweetener, 1 serving

Directions:

1. Combine the oats, milk, yogurt, protein bar, cinnamon, and sweetener in a plastic container. Stir until each ingredient is incorporated.
2. Refrigerate the oats overnight, and enjoy them the next morning!