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### **Eggnog Overnight Protein Oatmeal**

Total cost: \$1.25

Cost per serving (serves 1): \$1.25

#### **Ingredients:**

1/2 cup (40 g) rolled oats

1/2 tsp ground cinnamon

2.65 oz (75 g) fat-free vanilla Greek yogurt (or plain)

1 tbsp (12 g) chia seeds

1/3 cup eggnog

1 tsp vanilla extract

1 scoop (30 g) vanilla protein powder

#### **Directions:**

1. Combine all of your ingredients into a big bowl and mix them together.
2. Cover your bowl, or put the mixture into a jar or covered Tupperware.
3. Put your oatmeal into the fridge overnight, or just 2-3 hours if you're really hungry.
4. When ready to serve, top your oatmeal with some fat-free whipped cream and ground cinnamon. Mouthgasm!