



# Tropical Overnight Oats

## Ingredients

1/3 cup old fashioned oats  
1/4 teaspoon cinnamon  
1 Tablespoon chia seeds  
1 Tablespoon nut butter  
1/2 cup milk of choice

1/2 cup frozen *or* fresh  
pineapple *or* mango  
1 Tablespoon coconut  
1/2 scoop *or* 2 Tablespoons  
whey protein powder

## Directions

1. Combine oats, cinnamon, chia seeds, nut butter, protein powder, and milk in a mason jar or bowl.
2. Top with fruit and coconut.
3. Put lid on and shake gently to mix.
4. Refrigerate at least 8 hours.
5. Stir and Enjoy!
6. Can be stored in a refrigerator tightly sealed for up to 3 days.