

protein rich, blood-sugar friendly + nourishing
recipe created by The Northeast Ginger // @thenortheastginger

Mocha Protein Overnight Oats

ingredients:

- 1/2 cup rolled oats
- 1 scoop Naked Whey Chocolate Protein Powder
- 1 tbsp chia seeds
- 3/4 cup whole milk
- 1/4 cup espresso
- 1 tbsp cacao nibs (for garnish)
- Pinch of salt
- 1 tbsp shaved dark chocolate (for garnish)

directions:

- Mix wet ingredients: In a small bowl, add milk and espresso and mix well.
- Mix dry ingredients: In a separate bowl, mix together oats, protein powder, chia seeds and salt.
- Combine: Add the wet ingredients into the bowl with the dry ingredients - pour slowly, mixing as you go.
- Pour oats into a glass container with a lid. Garnish with cacao and chocolate.
- Let it set: Allow oats to set in the fridge for roughly 12 hours before consuming. Oats will be fully saturated and soft in the morning.

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Why We Love It

This is a really strong breakfast item that's easy to batch, quick to prepare and delivers balance. Bottom line? This is a healthy, nutrient-rich way to start your day. Here's why:

- **Slow, steady carbs:** The rolled oats and the chia provide long-lasting energy, while the fiber slows digestion. This meal is designed to be gentle on your blood sugar and result in fewer mid-morning crashes.
- **High-quality protein:** The whole milk and the whey protein support growth, muscles and satiety. And when we pair high-quality protein with carbs, it helps stabilize glucose and keeps you full.
- **Healthy fats:** You read that right — fats can be healthy and absolutely belong in your diet. We're using whole milk in this recipe as a source of healthy fat, along with the chia and cacao.
- **Nutrient-dense:** this meal is not only macro balanced (carbs, protein and fat), but it also provides some key micronutrients that benefit your body and brain (manganese, magnesium, phosphorus, fiber, calcium, B12, Vitamin A, Omega-3 fatty acids and iron).