

GLAM PRO OVERNIGHT OATS



INGREDIENTS:

- 1 Scoop *GLAM PRO Ravishing Red Velvet OR Breakfast in Bed* protein powder
- 1/2 cup Oats
- 3/4 cup Milk of Choice

TOPPINGS:

- 1 Tbsp Nuts or Seeds
- 1/2 Cup fruit of choice

DIRECTIONS:

1. Mix GLAM PRO, milk, and oats.
2. Place in fridge for at least 8 hours.
3. In the morning add your toppings

Enjoy!

Macros will vary depending on selected toppings

Makes 1 Serving

Calories: 272 | Protein: 20 gm | Carbs: 29 gm | Fat: 4 gm