



Maple Vanilla Proats



Entire recipe: 326 calories, 12.5g total fat (1.5g sat. fat), 324mg sodium, 38.5g carbs, 10g fiber, 2g sugars, 17.5g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

3/4 cup unsweetened vanilla almond milk
1/2 cup old-fashioned oats
2 tbsp. [vanilla protein powder](#) with about 100 calories per scoop
1 tbsp. chia seeds
1 packet natural no-calorie sweetener
1/4 tsp. [maple extract](#)
1 dash salt
1/4 oz. (about 1 tbsp.) sliced almonds
1 1/2 tsp. [natural sugar-free pancake syrup](#)

Directions

In a medium bowl or jar, combine all ingredients except syrup and almonds.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Stir well. Top with almonds and syrup.

MAKES 1 SERVING

Watch us make these Proats! [Watch the video now.](#)

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