



Morning Shake

Serving Size: ~1 Serving

Time

Prep Time: 2 minutes the night before

Cook Time: N/A

8 ounces of water

8 ounces of almond milk (homemade)

30 grams of oats

46 grams of Pr Protein by Nirvana Life Nutrition

Optional

- 1 serving of frozen fruit

Directions

Prep

Add the oats and protein into your favorite mixer and then add the water and almond milk and blend. If adding frozen fruit add after blending and then place in refrigerator.

The next morning, blend again and then serve in your favorite shaker.