



## TIRAMISU PROTEIN OVERNIGHT OATS

### Keto/Low Carb

Recipe by Katie (@cookingkatielady) and featured on MariGoldBars.com

*"My two favorite things to have in the morning are oats and coffee so I decided to combine them and make tiramisu protein overnight oats! Perfect way to get your protein and coffee in at once. I was so impressed how identical this tasted to tiramisu!"*

- Katie

#### INGREDIENTS:

- 1/2 cup old fashioned oats
- 1 scoop MariGold Vanilla Collagen Latte Protein Coffee Powder (15g)
- 1/2 cup unsweetened vanilla almond milk
- 1/2 tsp cinnamon
- Pinch nutmeg
- 1/2 tsp vanilla extract
- 1/2 cup nonfat Greek yogurt
- Unsweetened cocoa powder for topping (optional)
- Biscoff cookies or lady fingers (optional for layering)

#### DIRECTIONS:

1. Combine the oats, protein coffee powder, cinnamon, nutmeg, vanilla, and almond milk in a small bowl. Place 1/3 of the mixture into your mason jar.
2. Place your cookie of choice or lady fingers on top of the oat layer (if you wish to use them) then place 1/3 of your Greek yogurt on top of the cookies. Repeat this process 3x then dust with cocoa powder if desired.
3. Refrigerate for at least 3 hours or overnight, then stir it all up before you eat it.

*TIP: You can add chia seeds to your oats as well for more nutrients!*

Macro Information provided by Katie (@cookingkatielady)

\*\* Does not include topping or optional cookies \*\*

Fat: 7.1g  
Carbs: 6.8g  
Fiber: 3.7g  
Protein: 5.5



Featuring MariGold  
Vanilla Collagen Latte  
Protein Coffee  
(MariGoldBars.com)

