



## OREO PEPPERMINT BARK OVERNIGHT OATS

Gluten Free / Simple Ingredients

Recipe by Kat (@katalysthealth) and featured on MariGoldBars.com

*"Allow me to introduce you to my latest oatmeal obsession!"*

- Kat (@katalysthealth)

### INGREDIENTS:

- 1/2 cup rolled oats
- 2 scoops MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1 tablespoon cocoa powder
- 2 teaspoons chia seeds
- 1/2 cup almond milk

### Toppings (optional):

- @letsbakebelieve white chocolate, melted
- gluten-free @oreo, crushed
- candy cane, crushed



### DIRECTIONS

1. Add all oatmeal ingredients to a bowl & mix well.
2. Place in fridge overnight.
3. In the morning, top with melted chocolate, Oreos & candy cane.
4. Chill 10 more minutes, then eat!

Featuring MariGold  
Rich Chocolate Malt Whey Isolate  
Protein Powder  
(MariGoldBars.com)

