

High-Protein Apple & Peanut Butter Overnight Oats

Serves 2

Ingredients

- 100 g Old-fashioned rolled oats (Regular or quick-cooking both fine)
- 240 ml Unsweetened soy milk (7-11 糖質 75% オフタイプ) (Use chilled; shake well before measuring)
- 170 g (1 cup) Oikos nonfat Greek yogurt (plain)
- 30 g (≈ 2 Tbsp) Smooth natural peanut butter
- 15 ml (1 Tbsp) Pure maple syrup (Adjust to taste)
- 5 ml (1 tsp) Vanilla extract (Enhances flavor)
- 0.8 g salt + 0.2 g MSG (≈ ⅓ tsp total) Salt + MSG blend (Enhances flavor balance)
- 0.25 g (⅓ tsp) Ground cinnamon (Adjust to preference)
- 170 g (about 1 medium) Fuji (or Shinano Gold) apple (Half mixed in, half diced for topping)
- 10 g (≈ 1 Tbsp) Chia seeds (For fiber, omega-3, and thickening)



Instructions

1. Core and finely chop half of the **apple** (≈ 85 g) for mixing. Dice the remaining half for topping.
2. In a medium bowl, whisk together **oats**, **soy milk**, **yogurt**, **peanut butter**, **maple syrup**, **vanilla**, **salt + MSG**, **cinnamon**, and **chia seeds** until combined.
3. Stir in the chopped apple. Cover and refrigerate at least 6–8 hours or overnight until thickened.
4. Divide between 2 containers or bowls. Top each with diced apple and, if desired, a drizzle (½ tsp) of peanut butter or extra cinnamon.
5. Refrigerate up to 3 days. Add a spoonful of soy milk before serving if overly thick.

Nutrition

Per Serving: Kcal: 425 | Protein: 21g | Fat: 15g | Sat Fat: 2.2g | Carbs: 53g | Sugars: 17g | Fiber: 7.8g | Sodium: 210mg | Omega-3: 1.1g

Total Dish (2 servings): Kcal: 850 | Protein: 42g | Fat: 30g | Sat Fat: 4.4g | Carbs: 106g | Sugars: 34g | Fiber: 15.6g | Sodium: 420mg | Omega-3: 2.2g

Notes

- Chia seeds thicken overnight and add about 1 g omega-3 per serving.
- For softer oats, add 15–20 ml extra soy milk before serving.
- Sprinkle lemon juice over apple pieces to prevent browning.