

## Overnight High-Protein Oatmeal オーバーナイト・プロテインオートミール

Serves 2

### Ingredients

- 150 ml soy milk (tonyu)  
豆乳
- 80 g old-fashioned rolled oats  
オートミール
- 1–2 tsp light brown sugar (5–10 g)  
砂糖 (ブラウンシュガー)
- 1 tsp ground cinnamon  
シナモン
- 1 tsp vanilla extract  
バニラエッセンス
- ¼ tsp salt + pinch MSG (optional)  
塩
- 15–20 g protein powder  
プロテインパウダー
- 1 tsp chia seeds (5 g)  
チアシード
- 1 small banana (100 g), sliced (added before serving)  
バナナ
- 20 g peanut butter  
ピーナッツバター

### Optional Add-Ons

- 10–15 g chopped walnuts or almonds  
くるみ / アーモンド

### Instructions

1. Combine **soy milk**, **oats**, **sugar**, **cinnamon**, **vanilla**, **salt**, **protein powder**, and **chia seeds** in a bowl or container.
2. Stir thoroughly until fully combined.
3. Cover and refrigerate overnight (at least 6 hours).
4. Before serving, stir again and adjust texture with a little **extra soy milk** if needed.
5. Top with **banana slices** and **nuts**.
6. Drizzle **peanut butter** over the top.

### Nutrition

Per serving: Calories: ~360 kcal | Protein: ~19 g | Fat: ~15 g | Sat Fat: ~3 g | Carbs: ~40 g | Sugars: ~11 g | Fiber: ~8 g | Sodium: ~180 mg | Omega-3: ~1.2 g

