

High Protein Overnight Oatmeal Pudding

for cancer treatment and recovery



Ingredients:

- 1 ONS shake (8 ounces)
- 1/2 cup rolled oats
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional)
- Topping ideas: berries, nuts, bananas, coco powder, peanut butter, chocolate chips

Instructions:

1. In a mason jar or bowl, combine ONS shake, oats, chia seeds, vanilla extract, and honey or maple syrup.
2. Stir well to combine all ingredients.
3. Cover and refrigerate overnight or for at least 4 hours.
4. In the morning, stir in choice of toppings.
5. Enjoy cold or heat for a warm breakfast.