

PB Cup Overnight Oats

THM-Friendly: E

- ½ cup old-fashioned oats
- 2 Tbsp. THM [Whey Protein Powder](#) (can use plain, choco-peanut, or chocolate)
- 2 Tbsp. cocoa powder
- 1/2 tsp. [Glucomannan](#) (aka gluccie)
- a generous pinch of [mineral salt](#)
- 3 Doonks THM [stevia powder](#) (3, 1/32 tsp.)
- 2 Tbsp. [peanut flour](#)
- 1 tsp. peanut butter
- 1 1/2 cups unsweetened nut milk

Mix together. Store overnight in the fridge in a sealed container or mason jar.

You can warm up if you want, but I prefer it cold.

enJOY!

