

RECIPE



Start your day with this nutrient-dense Superfood Overnight Oats, a powerhouse breakfast designed to fuel your body, support brain health, and promote overall well-being. Packed with high-quality proteins, healthy fats, and adaptogenic herbs, this recipe is perfect for sustained energy, hormone balance, and immune support while keep your blood sugar low.

Superfood Overnight Oats for Energy and Vitality

Ingredients

(2 servings)

1 cup organic sprouted rolled oats

2 Tbsp. collagen peptides powder

½ cup protein powder

2 tsp. bee pollen

2 tsp. turmeric powder

2 tsp. ashwagandha

1 Tbsp. manuka honey

1 Tbsp. MCT oil

2 ½ cups almond milk

Instructions:

Blend the almond milk with collagen, protein powder, bee pollen, turmeric, ashwagandha, honey, and MCT oil until smooth.

Pour the mixture over the rolled oats in a bowl or jar.

Stir well, cover, and refrigerate overnight.

The next morning, serve with fresh berries, dash of cinnamon powder and gluten-free granola for added texture and antioxidants.

Yours to Artful Eating,

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Health Benefits of This Recipe:

- Boosts Energy & Mental Clarity – MCT oil provides quick, clean-burning energy for the brain and body, enhancing focus and stamina.
- Supports Muscle Recovery & Skin Health – Collagen and protein powder aid in muscle repair, joint health, and radiant skin.
- Balances Hormones & Reduces Stress – Ashwagandha, an adaptogen, helps combat stress, regulate cortisol levels, and support adrenal health.
- Anti-Inflammatory & Immune Boosting – Turmeric contains curcumin, a powerful antioxidant that reduces inflammation and supports immune function.
- Gut & Digestive Health – Bee pollen is packed with enzymes, probiotics, and nutrients that promote a healthy gut microbiome.
- Sustained Fullness & Blood Sugar Stability – Oats, healthy fats and protein keep blood sugar levels stable, preventing energy crashes and cravings.

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