

# Overnight Muesli – This dish is absolutely delicious warm or cold!



## **Ingredients:**

- 1 Vanilla Ready to Drink (15g protein, 4g fat and 4g carbs)
- 2 Orzo Protein packets (36g protein, 3g fat and 8g carbs)
- 2 tablespoons Nana Joes Paleo Sunrise Granola  
(3g protein, 7g fat and 2g carbs)
- 1 x-large egg, beaten (7g protein, 4.5g fat and 0 carbs)
- ½ tsp each ground cinnamon & vanilla extract

## **Instructions:**

1. Cook orzo according to package. Drain and chop into smaller pieces. Set aside.
2. In a sauce pan, add the vanilla drink and extract. Heat slowly until just simmering.
3. Slowly pour the egg in with a whip stirring the entire time for a custard-like texture.
4. Mix in cooked orzo pieces and cinnamon into the custard and simmer for 2-3 minutes.
5. Divide muesli into two glass containers; let cool a bit. Cover and refrigerate overnight.
6. You can also eat it warm. I like to double this recipe to make 4 servings.

**Nutrition:** Makes two servings. Each serving contains approximately –  
30 grams protein, 11 grams fat and 7 grams net carbs. Enjoy!