

# Chocolate Overnight Oats

Overnight oats are a great way to meal prep ahead of time. They are an excellent source of whole grains, fiber, and protein to help keep you satisfied. Start with 1/2 cup of milk or milk alternative. If you prefer a thicker or thinner final product, just adjust your amount of liquid accordingly.

These Chocolate Overnight Oats have a rich and creamy chocolate flavor. With such a decadent flavor, why reserve this treat for only breakfast? Enjoy these Chocolate Overnight Oats as an afternoon snack or evening dessert.

**Serves 1**   **Serving size:** 1½ cups   **Prep time:** 5 minutes   **Cook time:** 0 minutes   **Total time:** 5 minutes + overnight

## Ingredients

- 1/2 cup oats (old fashioned or rolled oats work best)
- 1/2 cup milk or milk-alternative (1%, skim, almond, etc.)
- 1/2 cup nonfat Greek yogurt
- 1 Tablespoon chia seeds
- 1 Tablespoon maple syrup or honey
- 1 Tablespoon cocoa powder
- 1/2 teaspoon vanilla extract
- 1 Tablespoon chocolate chips
- Optional: sliced fruit

## Directions

1. Add all ingredients except chocolate chips to a food-safe jar or food storage container.
2. Mix until well combined.
3. Seal and place in refrigerator for at least 2 hours or overnight.
4. Top with chocolate chips or optional fruit before serving.



## Nutrition Facts

Serves 1  
**Serving size** 1½ cups (305g)

Amount per serving  
**Calories** 350

	% Daily Value*
<b>Total Fat</b> 11g	17%
Saturated Fat 3g	15%
Trans Fat 0.1g	
<b>Cholesterol</b> 6mg	2%
<b>Sodium</b> 127mg	5%
<b>Total Carbohydrate</b> 48g	16%
Dietary Fiber 11g	43%
Total Sugars 22g	
<b>Protein</b> 19g	37%
Vitamin D 0mcg	0%
Calcium 462mg	46%
Iron 4mg	20%
Potassium 404mg	12%
Phosphorus 193mg	19%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Nutrition information based on recipe made with unsweetened almond milk*