

Overnight Chocolate Oats



Ingredients

- ½ cup old fashioned rolled oats
- ½ cup milk of choice
- 1 Tbs Raw cacao
- pinch of sea salt
- ¼ cup Greek or coconut yogurt (optional)
- 1 tablespoon chia seeds (optional)
- 1 tablespoon raw honey or maple syrup (optional)
- ¼ teaspoon vanilla extract (optional)

***Optional Toppings

- Chopped almonds or other nuts
- Flaked/shredded coconut
- Raw Cacao nibs or dark choc chips
- Chopped banana or berries

1. Place all ingredients into a large glass container or mason jar and mix until combined.
2. Cover the glass container with a lid or beeswax wrap. Place in the fridge for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
3. Uncover and enjoy from the glass jar the next day. Thin with a little more milk or water, if desired.

Storage: Overnight oats can be stored in the fridge for up to 5 days. This makes it an ideal breakfast meal prep to make on Sunday night for the week.