

OVERNIGHT CHOCOLATE OATS



Great for a quick healthy breakfast or snack when pre-prepared for those busier days. Doubling or tripling the recipe can make additional portions for meal prep. [Store in the refrigerator in an air-tight container and add any toppings when ready to eat]. You can always adjust the recipe to your preference and add your favourite spices: Cinnamon, turmeric, cardamom, vanilla, etc.

 5 minutes

 30 minutes

 1 portion

INGREDIENTS

- 40 grams of rolled oats
- 1 teaspoon of chia seeds **or** 1 tbsp, ground of seeds, flaxseed [7 g]
- 80mls of unsweetened almond milk
- 2 tablespoons of water
- 25 grams of chocolate whey **or** 25 g of any other protein powder
- 1/8 teaspoon of salt
- 1 tablespoon of cocoa powder

COOKING METHOD

- 1° Combine all the ingredients in a bowl and mix
- 2° Store in the fridge in an airtight container
- 3° Enjoy with your favorite fruits [not included in the nutritional analysis]

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (243 g)	% DRI
ENERGY	134 kcal	325 kcal	16 %
FAT	4 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	2 mg	4 mg	1 %
SODIUM	171 mg	414 mg	17 %
CARBOHYDRATE	15 g	37 g	12 %
SUGARS	1 g	1 g	—
FIBER	2 g	6 g	22 %
PROTEIN	11 g	27 g	—