

# Chocolate Overnight Oats

SERVES 2

Indulge in a guilt-free breakfast delight with my Chocolate Overnight Oats recipe. Packed with wholesome ingredients like gluten-free rolled oats, chia seeds, and cocoa powder, these creamy oats are not only a delicious treat but also a nutritious way to kickstart your day.

## Ingredients

- ¾ cup gluten-free rolled oats
- 1 cup oat milk
- 1 1/2 heaping tablespoons chia seeds
- 1 tablespoon maple syrup
- ¼ teaspoon cinnamon
- ¼ tsp of vanilla extract
- dash of sea salt \*
- 2 tbsp cocoa powder

## Directions

Place all ingredients into a bowl and mix well. Transfer to 2- 8 ounce glass containers seal and place in refrigerator overnight.

In the morning, mix and enjoy! Add your favorite healthy toppings like nuts or fruits.

*\*Salt is optional.*

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