

Chocolate Peanut Overnight Oats



Discover a delightful twist on traditional oatmeal with our irresistible Chocolate Peanut Butter Cold Oatmeal recipe. This creamy and indulgent breakfast combines the rich flavors of chocolate and peanut butter for a satisfying and energizing start to your day.

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 270

Fat 10

Carbohydrates 31

Fibre 5

Protein 12

Sodium 85

Ingredients

- 80 ml (? cup) quick cooking rolled oats
- 5 ml (1 tsp) cocoa powder
- 15 ml (1 tbsp) vanilla Greek yogurt
- 160 ml (? cup) soy beverage (or almond or regular 1-2% milk)
- 5 ml (1 tsp) maple syrup or honey

Preparation

1. In an airtight container (Mason type), combine the oats with the cocoa.
2. Add remaining ingredients and mix well.
3. Close the container and let stand for 10 hours in the refrigerator, or at least 4 hours.

Notes

Can be stored up to 5 days in the refrigerator and does not freeze.



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