

Chocolate Overnight Oats



Start your day off right with our delicious overnight Chocolate Oatmeal recipe. This indulgent and nutritious breakfast is perfect for busy mornings, providing a burst of chocolatey flavors in every bite. Prepare it the night before for a hassle-free morning routine. Ideal breakfast for those who engage in morning sports.

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 380

Fat 11

Carbohydrates 48

Fibre 13

Protein 20

Sodium 40

Ingredients

- 1/2 crushed banana
- 1/3 cup (65 ml) oatmeal
- 1/4 cup Greek yogurt
- 85 ml (1/3 cup) milk (can be replaced by soy milk)
- 15 ml (1 tbsp) cocoa powder

Preparation

1. Put all the ingredients in a Masson jar.
2. Close the jar and stir vigorously.
3. Put it in the refrigerator overnight so that you can eat it in the morning. When it's time to eat, you can add some fruit and peanut butter on top!



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