



# Chocolate Peanut Butter Overnight Oats



## Nutrition Information:

Makes 2 servings

Serving size : one cup (8oz)

Calories: 260cal

Total Fat: 10.1g

Saturated Fat: 1.3g

Trans Fat: 0mg

Cholesterol: 2mg

Sodium: 53mg

Potassium: 194mg

Total Carbohydrate: 31g (less than 2 servings of carbohydrates)

Dietary Fiber: 7.4g

Sugar: 6g

Added Sugar: 0g

Protein: 13g

Vitamin A: 144IU

Vitamin C: 3mg

Calcium: 232mg

Iron: 2.3mg

Vitamin D: 25IU

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What better way to satisfy your chocolate and sweet cravings than this dreamy chocolate peanut butter overnight oat? It is loaded with delicious and nutritious superfoods such as oats, cocoa powder, and chia seeds. These superfoods support heart health, weight loss, weight maintenance, blood pressure regulation, cholesterol, cancer prevention, mental health, and depression.

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## Directions:

In a blender mix these ingredients:

1/2 cup unsweetened almond milk (or milk of choice)

1.5 tbsp unsweetened, unsalted peanut butter

1 tbsp unsweetened cocoa powder

1 tsp vanilla extract

1/2 ripe banana

1/2 cup plain non-fat Greek yogurt

Once your ingredients are blended, add 1/2 cup of old-fashioned oats and 1 tbsp chia seeds. Mix it with a spoon. Pour the mixture in your cup/jar and keep it in the fridge for at least 6 hours or overnight. The next day, top with your favorite toppings and enjoy!