

Chocolate Peanut Butter Overnight Oats

SERVES
1

ACTIVE: 35 MINUTES
TOTAL TIME: 9 HOURS 30 MINUTES

INSTRUCTIONS

- Put all the ingredients into a medium-sized bowl and mix them all together.
- Get a jar with a tight-fitting lid and use a spoon to transfer the contents of the mixing bowl into the jar.
- Close the lid and refrigerate for at least 4 hours, but it is recommended that you let the oats sit overnight before eating.

- + 1/3 cup fat free plain Greek yogurt
- + 1/2 cup rolled oats
- + 2/3 cup unsweetened milk of choice
- + 2 tablespoons natural peanut butter
- + 2 tablespoons unsweetened cocoa powder
- + Pinch of salt
- + 1 tablespoon of any healthy seeds (like chia seeds or ground flax seeds)
- + 1/2 teaspoon vanilla extract

NUTRITION FACTS | 1 Cup (using unsweetened vanilla almond milk and ground flax seeds)

Calories: 480 | Total fat: 24g | Saturated fat: 3g | Carbohydrates: 47g
Fiber: 11.5g | Protein: 24g

For more information, contact: **Kali Aloia MPH, RD, LDN**
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