



Chocolate Overnight Oats

Servings: 1

Prep Time: 5min + Overnight

Cook Time: 0

Ingredients

- 1/4 cup raw oats
- 1 Tbs chia seeds
- 1 Tbs flax seeds
- 1 Tbs sunflower seeds
- 1 tsp raw cacao - heaped
- 1 tsp raw honey or maple syrup
- 1/2 tsp vanilla extract or paste
- pinch salt and cinnamon
- 1/2 apple - grated or banana sliced
- 1/4 cup warm water
- 1/2 cup milk of your choice
- Topping small handful raw nuts - chopped

Directions

1. Layer the dry ingredients into a medium-sized glass jar and mix well.
2. Add in the fruit and mix gently, and then add in the chopped nuts.
3. Pour in the warm water and milk, put the lid on and place in the fridge overnight.
4. You can then transfer the ingredients to a bowl the next morning and add extra liquid if necessary.
5. Alternatively, eat straight out of the jar, again adding in extra liquid if desired.