CHOCOLATE AND PEANUT BUTTER OVERNIGHT OATS

Servings: 1 **Cook Time: 5 Minutes**

Ingredients:

- 2/3 cup low-fat milk
- 1/2 cup oats
- 1/3 cup plain Greek yogurt
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- 2 tablespoons natural peanut butter
- 2 tablespoons unsweetened cocoa powder
- 0–2 tablespoons honey or maple syrup

Anderson Free Clinic
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Instructions:

1. Mix all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

Nutrition Information:

Servings: 2 Serving Size: 1 cup Calories: 345 Total Fat: 13g Saturated Fat: 3g Trans Fat 0g Unsaturated Fat: 9g Cholesterol: 8mg Sodium: 185mg Carbohydrates: 46g Fiber: 6g Sugar: 26g Protein: 14g