

Cocoa Overnight Oats (6 Ingredients!)

EASY cocoa overnight oats made with just 5 ingredients and 5 minutes prep time. Naturally sweetened, vegan, gluten-free, and so delicious.



PREP TIME

6 hours 5 minutes

TOTAL TIME

6 hours 5 minutes

Servings 1
Keeps 2-3 Days

Ingredients

OATS

- 1/2 cup + 1 Tbsp unsweetened plain almond milk (or sub other dairy-free milks, such as coconut, soy, or hemp!)
- 3/4 Tbsp chia **seeds**
- 2 Tbsp natural salted peanut butter or almond butter (creamy or crunchy // or sub other nut or seed butter)
- 1 Tbsp maple syrup (or sub coconut sugar, organic brown sugar, or stevia to taste)

- 1 Tbsp Cocoa Powder
- 1/2 cup gluten-free rolled oats (rolled oats are best, vs. steel cut or quick cooking)

TOPPINGS *optional*

- Sliced banana, strawberries, or raspberries
- Flaxseed meal or additional chia seed
- Granola

Instructions

1. To a mason jar or small bowl with a lid, add almond milk, chia seeds, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day).
2. Add oats and stir a few more times. Then **press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.**
3. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.
4. The next day, open and enjoy as is or garnish with desired toppings (see options above). See more flavor/topping suggestions in the blog post above!
5. **OPTIONAL: You can also heat your oats** in the microwave for 45-60 seconds (just ensure there's enough room at the top of your jar to allow for expansion and prevent overflow), or transfer oats to a saucepan and heat over medium heat until warmed through. Add more liquid as needed if oats get too thick/dry.
6. Overnight oats will keep in the refrigerator for 2-3 days, though best within the first 12-24 hours in our experience. Not freezer friendly.

Notes

*Overnight oats adapted from Eating Bird Food.

*Prep time reflects preparation and overnight soaking.

*The first, fifth, and last images reflect two servings (double ingredients) with additional chia seeds and peanut butter.

*Nutrition information is a rough estimate calculated with fortified almond milk and without optional ingredients.

Nutrition (1 of 1 servings)

Serving: 1 serving
Calories: 452
Carbohydrates: 51.7 g
Protein: 14.6 g
Fat: 22.8 g
Saturated Fat: 4.1 g
Polyunsaturated Fat: 7.04 g
Monounsaturated Fat: 10.19 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 229 mg
Potassium: 479 mg
Fiber: 8.3 g
Sugar: 15.8 g
Vitamin A: 253 IU
Vitamin C: 0.12 mg
Calcium: 341 mg
Iron: 3.95 mg