



Choco Monkey Overnight Oats



Entire recipe: 323 calories, 10.5g total fat (2g sat. fat), 245mg sodium, 54g carbs, 9.5g fiber, 17.5g sugars, 8g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

1 1/2 tbsp. unsweetened cocoa powder
1/2 cup unsweetened vanilla almond milk
1/2 cup mashed banana
1/3 cup old-fashioned oats
1 packet natural no-calorie sweetener
1/4 tsp. vanilla extract
1/8 tsp. cinnamon
1 dash salt
1/4 oz. (about 1 tbsp.) chopped walnuts
1 tsp. mini semi-sweet chocolate chips

Directions

In a medium bowl or jar, combine cocoa powder with 2 tbsp. hot water. Stir to dissolve.

Add all remaining ingredients except walnuts and chocolate chips. Mix well.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Top with walnuts and chocolate chips.

MAKES 1 SERVING

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