

# Chocolate Peanut Butter Overnight Oats

**Serving:** 1

## Ingredients

$\frac{1}{2}$  cup **rolled oats**

2 teaspoons **chia seeds**

1 tablespoon **unsweetened cocoa powder**

1 tablespoon **peanut butter** *(or almond butter, or another nut-butter alternative)*

2-3 teaspoons **maple syrup** *optional*

$\frac{1}{2}$  cup **almond or coconut milk** *or another non-dairy milk*

## Directions

Mix all the ingredients together in a mason jar or another container of choice. Cover, and refrigerate overnight.

Top with fresh berries or bananas for breakfast or chocolate chips for a dessert.

