



Chocolate Fudge Overnight Oats

INGREDIENTS

- 1/3 cup old-fashioned oats
- 1/2 cup unsweetened vanilla almond milk
- 1 scoop Vital Proteins chocolate collagen peptides
- 1 tsp Lakanto sweetener
- 2 Tbsp PB2
- 1 Tbsp Lakanto maple-flavored syrup
- 1/2 Tbsp chia seeds
- 1/2 to 3/4 Tbsp Enlightened sugar-free chocolate syrup

NUTRITION FACTS

Serves: 1

Amount Per Serving:

- Calories 277
- Total Fat 7 g
- Saturated Fat 1 g
- Cholesterol 0 mg
- Sodium 322 mg
- Carbohydrate 46 g
- Dietary Fiber 17 g
- Sugars 3 g
- Protein 20 g

DIRECTIONS

1. In mason jar (or similar container), combine all ingredients except chocolate syrup.
2. Stir lightly to combine.
3. Top with chocolate syrup.
4. Refrigerate overnight and serve cold the next morning (or heat, if you prefer).

This recipe can be found at:

<https://planningushealthy.com/pb-overnight-oats>

Copyright © 2020 Planning Us Healthy