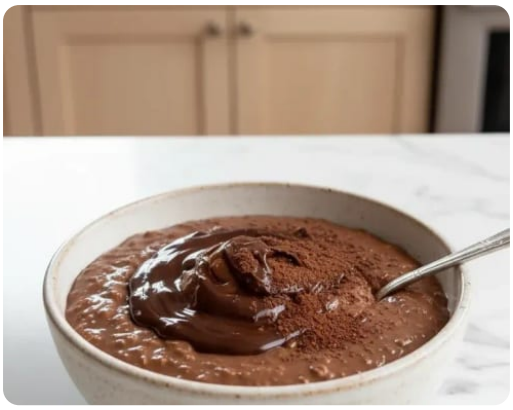


Choco Fever Dream

Blended Brownie Batter Overnight Oats

10 min Prep time	**10 min** Total time	**1** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1/2 cup rolled oats
- [ ] 1/2 cup Greek yogurt (plain)
- [ ] 1 cup almond milk
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp maple syrup
- [ ] 1/4 tsp vanilla extract
- [ ] Pinch of sea salt

Mix-ins

- [ ] 2 tbsp dark chocolate chips
- [ ] Optional: 1 tbsp almond butter

Instructions

1. In a blender, combine almond milk, cocoa powder, maple syrup, vanilla, and salt; blend until smooth and glossy.
2. Add the rolled oats and Greek yogurt to the blender; pulse a few times just to coat the oats without turning them into a puree.
3. Transfer the mixture to a mason jar, stir in the dark chocolate chips, and seal tightly.
4. Refrigerate overnight; in the morning give it a gentle shake, top with almond butter if desired, and enjoy.

Nutrition per serving

320 kcal	12 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats seem too thick in the morning, stir in a splash more almond milk.
- For extra brownie depth, add a pinch of espresso powder.
- Use a wide-mouth jar for easier stirring.