

Choco Fever Dream

Dark Chocolate Raspberry Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 2 tbsp dark chocolate cocoa powder
- [ ] 1 cup milk or oat milk
- [ ] 1 tbsp honey
- [ ] 1/2 cup fresh raspberries
- [ ] 1 tsp chia seeds

Optional Topping

- [ ] A sprinkle of toasted oats
- [ ] A drizzle of extra honey

Instructions

1. In a jar or bowl, whisk together milk, cocoa powder, and honey until smooth; mix well.
2. Stir in rolled oats and chia seeds, making sure everything is evenly coated.
3. Gently fold in the raspberries, preserving their shape; basic overnight oats tip: don’t over-mix.
4. Cover the container, refrigerate overnight (or at least 4 hours). In the morning, give it a quick stir, add optional toppings, and enjoy.
5. If you prefer it warm, microwave for 30-45 seconds, then stir once more.

Nutrition per serving

320 kcal	10 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, use a splash of Greek yogurt before serving.
- Adjust sweetness by adding more or less honey to taste.
- The oats will continue to thicken; if too firm, add a splash of milk before eating.