



Long Livo

Brownie Batter Overnight Oats

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Base

- ☐ 1 cup rolled oats
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 1 cup almond milk
- ☐ 2 tbsp maple syrup

- ☐ 1/2 cup Greek yogurt

Mix-ins

- ☐ 2 tbsp dark chocolate chips
- ☐ 1 tsp vanilla extract
- ☐ Pinch of sea salt

Instructions

- 1 In a bowl, whisk together oats, cocoa powder, maple syrup, almond milk, and vanilla until smooth. blended brownie flavor starts to appear.
- 2 Stir in Greek yogurt, ensuring it's fully incorporated; the mixture will look thick and glossy.
- 3 Transfer the mixture into two jars, top each with chocolate chips and a pinch of sea salt.
- 4 Seal the jars and refrigerate overnight. In the morning, give a gentle stir and enjoy straight from the jar.
- 5 Optional: drizzle extra maple syrup or sprinkle sliced almonds for added crunch.

Nutrition per serving

310 kcal

Calories

12 g

Protein

45 g

Carbs

9 g

Fat

Tips & notes

- If the oats seem too thick in the morning, add a splash of almond milk to loosen.
- For a richer taste, use half-and-half instead of almond milk.
- You can prepare a batch for the entire week; just keep the topping separate.