



Long Livo

Dark Chocolate Raspberry Overnight Oats

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

2

Servings

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

Calories

10 g

Protein

45 g

Carbs

9 g

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.