

YIELD: 1 LARGE SERVING, OR 2 SMALL

# Mocha Overnight Oats

These Mocha Overnight oats have a rich chocolate and espresso flavor with a hint of caffeine, all in a breakfast that keeps you going all morning long!

## PREP TIME

5 minutes

## TOTAL TIME

5 minutes

## Ingredients

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon instant espresso powder
- 1 tablespoon chia seeds or ground flaxmeal
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 0–2 tablespoons honey or maple syrup

## Instructions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a pint or half liter jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

**Nutrition Information:** YIELD: 2 SERVING SIZE: 1 half batch

*Amount Per Serving:* CALORIES: 246 TOTAL FAT: 5g SATURATED FAT: 1g TRANS FAT: 0g

UNSATURATED FAT: 3g CHOLESTEROL: 8mg SODIUM: 127mg CARBOHYDRATES: 42g FIBER: 4g SUGAR: 25g

PROTEIN: 10g

*At Wholefully, we believe that good nutrition is about much more than just the numbers on the nutrition facts panel. Please use the above information as only a small part of what helps you decide what foods are nourishing for you.*

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CUISINE: American / CATEGORY: Breakfast

