

Chocolate Cherry Overnight Oats

Prep Time 10 mins

Total Time 10 mins

Meal Type Breakfast,Snack

Contributed By *Seasonal Cravings*

Source Adapted from [Seasonal Cravings](#)



Servings 4

Ingredients

lb,c g,ml

- 1 1/2 cup oats
- 2 cup unsweetened almond milk
- 1/4 cup chia seeds
- 2 Tbs cocoa powder
- 2 Tbs maple syrup
- 2 tsp vanilla extract
- 1/2 cup cherries, *pitted and chopped* (frozen defrosted work well too!)

Directions

Prep

1. Mix all ingredients, except cherries, together in a medium-sized bowl. Pour into jars or individual containers.
2. Place in fridge overnight or at least several hours.

Make

1. Top with cherries when ready to serve.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 254 per serving	Total Fat 8.0g	12%	Total Carbohydrates 40g	13%	
	Saturated Fat 1.1g	5%	Dietary Fiber 9g	37%	
	Trans Fat 0.0g		Total Sugars 10g		
	Cholesterol 0mg	0%	Protein 8g		
	Sodium 100mg	4%			
	Vitamin D 1mcg 13% · Calcium 362mg 36% · Iron 3mg 18% · Potassium 390mg 8%				

- Show all nutrients -

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