

CHOCOLATE CHIP OVERNIGHT OATS



I wasn't a huge fan of overnight oats when it became a fad – I tried a few different recipes and they just weren't doing it for me, not to mention many had over 400 calories per serving. But this recipe is different – so delicious, you will think you are having dessert for breakfast. It has fiber, nutrients, protein and, at 195 cal/serving, completely guilt free.

Serves 2

Ingredients:

3/4 cup organic almond milk (we like the Mooala or 365 brand)

1/2 cup [organic gluten free rolled oats](#)

2 teaspoons [organic maple syrup](#)

1 Tablespoon [organic whole chia seeds](#)

1 Tablespoon [Enjoy Life Mini chocolate chips](#)

1 teaspoon [organic vanilla extract](#)

1/2 teaspoon [organic cinnamon](#)

1/8 teaspoon [fresh ground nutmeg](#)

Putting it all together:

- Place all ingredients in a mason jar and stir.
- Cover and refrigerate overnight; divide in 2 bowls and enjoy!
- Optional: Add [organic raw cacao nibs](#), [shredded coconut](#) and/or organic sliced strawberries before serving.

Notes:

1. Make it protein powered by adding a scoop of [collagen protein](#) before serving (you won't taste it!)
 2. For the freshest nutmeg, buy them whole and use a [zester](#) to quickly make it "ground" nutmeg.
 3. You can use quick oats but we prefer the full rich flavor of whole oats (quick oats make it more mushy).
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