

CHOCOLATE BERRY OVERNIGHT OATS

Who doesn't love waking up to breakfast already made?
Especially one that tastes like chocolate!



Chocolate Berry Overnight Oats



SERVINGS



PREP TIME



PASSIVE PREP



COOK TIME

Ingredients

335 mL	(1⅓ cups)	rolled oats
250 mL	(1 cup)	skim milk or unsweetened fortified plant-based beverages
85 mL	(⅓ cup)	0% plain Greek yogurt
1		ripe banana, mashed (about 125 mL/½ cup)
20 mL	(4 tsp)	maple syrup or brown sugar
15 mL	(1 tbsp)	cocoa powder
250 mL	(1 cup)	fresh or frozen raspberries

Instructions

1. In a medium bowl, whisk together all ingredients except for raspberries. Spoon equally into 4 small jars or airtight containers.
2. Refrigerate for at least 4 hours, preferably overnight, before eating.
3. When ready to serve, top with raspberries.



KIDS IN THE KITCHEN

Have your kids help you mix ingredients and distribute the mixture into the jars.



MIX IT UP

Use your favorite seasonal fruit. In the summer, try peaches, plums, or any type of berries.



CHEF'S TIP

In the morning, add crunchy toppings: fruits, unsalted nuts/seeds, or cereal.



SERVING SUGGESTION

Eat overnight oats cold or warm. If you prefer it warm, add a bit more milk and heat up in the microwave before eating.

Canada's
food guide

Recipe provided by
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