

Breakfast

Chocolate Coconut Overnight Oats

5 Mins
Prep Time

4-6 Hours
Cook Time

2
Servings

☰ **379** Calories **15g** Fat **56g** Carbs **10g** Protein



Ingredients

👤 **2 Servings** • $\frac{1}{2}$ Cup Oat Mixtures Serving Size ⏱️ **4-6 Hours** Time (pending refrigerator time) 🚫 **Allergens:** Nuts, Gluten

1 $\frac{3}{4}$ Cup Vanilla Almond Milk

1 Cup Old Fashioned Oats 🌱

1 Tsp Cinnamon 🌱

1 Tsp Vanilla Extract, optional

2 Tsp Dark Chocolate Cocoa Powder 🌱

$\frac{1}{4}$ Cup Unsweetened Shredded Coconut 🌱

Topping

1 Banana, sliced 🌱

$\frac{1}{4}$ Cup Slivered Almonds or Nut of Choice 🌱

Allergen Swap

Nut Substitutes Omit the almonds and coconut; replace almonds with seed of choice; omit almond milk and use soy, rice, or cow's milk.

Gluten Substitutes Oats are naturally gluten-free but may be contaminated during processing. For those with Celiac Disease, use gluten-free oats.

Instructions

1 Combine Dry Ingredients
Combine almond milk, oats, cinnamon, vanilla, cocoa powder, and coconut in a medium sized mixing bowl. Mix until ingredients are well incorporated. Cover and refrigerate for 4-6 hours, or overnight.

2 Serve & Enjoy
Scoop into bowls and top with slivered almonds and banana slices. Serve cold or at room temperature.

Recipe adapted from:

<https://www.produceforkids.com/recipes/coco-banana-overnight-oats/>

What You'll Need



Measuring Cups



Measuring Spoons



Mixing Bowl



Mixing Spoon

Nourishment Note!



Oats Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



Cinnamon is a powerhouse antioxidant and spice. It contains high amounts of polyphenols, a type of nutrient that helps protect body cells from becoming damaged or harmed.



Cocoa Powder In moderation, dark chocolate cocoa powder may provide beneficial antioxidants important to reducing inflammation associated with MS.



Coconut Coconut contains medium chain triglycerides. This is a type of fat the body uses instantly for energy! However, the high saturated fat content makes it a treat to be enjoyed in moderation.



Almonds Almonds are an excellent source of protein, fiber, heart-healthy fats, and vitamin E. The fiber may help keep the digestive system running smoothly while the vitamin E content can help lower inflammation.



Bananas Bananas are high in carbohydrates, a type of sugar, that provide your body with a quick burst of energy. They're also helpful with digestive regularity.

Fatigue Buster

- Make a double batch to enjoy for a meal or snack every day during the week.