

Oatmeal Recipes

Chocolate Chip Cookie Overnight Oats



INGREDIENTS

- 1 packet Maple & Brown Sugar Oatmeal
- ½ tsp Chia seeds
- 1 Tbsp Shredded Unsweetened Coconut
- 1 tsp Cacao Nibs
- ½ cup Water

DIRECTIONS

- 1 Stir all ingredients well in a small container.
- 2 Cover and place in refrigerator overnight, or at least 4 hours.
- 3 Enjoy cold the next day with a spoon.

Nutrition: 180 calories, 7 g fat, 14 g carbohydrates, 16 g protein, 4 g fiber



35% fat, 30% carb, 35% protein