



Raspberry and Dark Chocolate Overnight Oats



Raspberry and Dark Chocolate Overnight Oats

Serves 1

Nutrition per serving 339 calories, 13g fat, 41g carbohydrates, 15g protein, 57mg sodium, 3mg cholesterol, 7g fiber

Ingredients

- 1/3 cup quick or old-fashion oats
- 1/4 cup non-fat milk, or the milk of your choice (i.e. soy, almond, etc.)
- 1 tablespoon chia seeds
- 1/4 cup vanilla Greek yogurt
- 1 tablespoon dark chocolate chips
- 1/4 cup fresh raspberries, washed

Directions

1. Layer the first four ingredients in an 8 oz. Mason jar.
2. Stir well.
3. Cover and refrigerate overnight, or up to two days.
4. Remove from the refrigerator. Add the raspberries and chocolate chips. Enjoy!

