

GERMAN CHOCOLATE DELIGHT OVERNIGHT OATS

Gluten Free, Higher Fiber, Lower Sodium, Vegetarian

Serves: 1

Nutrition (per serving)

Calories: 302

Total Fat: 12 g

Saturated Fat: 4 g

Sodium: 60 mg

Total Carbohydrate: 36 g

Dietary Fiber: 6 g

Total Sugars: 13 g

Protein: 14 g



Ingredients

- 1/3 cup rolled oats (choose certified gluten free oats for GF version)
- 1/3 cup non-fat milk
- 1/3 cup non-fat, vanilla Greek yogurt
- 2 teaspoons cocoa powder
- 1 teaspoon Splenda® brown sugar blend

- 1 Tablespoon chopped pecans
- 1 Tablespoon unsweetened coconut flakes

Garnish

- 1/2 Tablespoon chopped pecans
- 1/2 Tablespoon unsweetened coconut flakes.



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Directions

1. Combine the first seven ingredients in a jar and mix well.
2. Cover and refrigerate overnight.
3. Garnish with pecans and coconut flakes.
4. Serve cold