

“chocolate fudge” overnight oats

BEAUTY, LOVE & GRUB

MAKES 1 SERVING

I'm that gal who thinks chocolate is perfect at any meal. And not for dessert. I mean as part of the main event. Perhaps this belief was created as a child when, on occasion, my mother would bake us warm oatmeal chocolate cookies for breakfast, so long as it was accompanied by a tall glass of milk. None of my friends believed me on the days that “cookies” was the answer to the “What did you have for breakfast?” question. My mom was definitely cooler than theirs. Fortunately, I'm now just as thrilled to eat this healthy breakfast because it delivers on taste and is MUCH healthier and nutritious than cookies. (No offense, Mom!) This recipe is packed with protein, fiber, iron, omega-3 fatty acids, and powerful antioxidants. The “chocolate fudge” is made with cashew butter and raw cacao powder. I think it's delicious when topped with fresh raspberries, blueberries, and hemp plus granola. As written, this deliciousness is dairy-free, gluten-free, and free of refined sugar.

½ cup	oat milk or almond milk *
¾ tbsp	chia seeds
1 tbsp	cashew butter
1-2 tsp	raw cacao powder
1 tbsp	pure maple syrup
½ cup	rolled oats

Into a jar or bowl with a lid, add milk, chia seeds, cashew butter, raw cacao, and maple syrup. Stir to combine. Don't worry if the cashew butter doesn't completely mix in with the other ingredients. Add oats and stir again. Press down with your spoon to ensure all oats are submerged in liquid. Secure the cap onto the jar or bowl and place in refrigerator overnight (minimum of 6 hours). When ready to eat, top with your favorite fruit and granola if desired. Will keep in refrigerator up to 3 days.

* Can also use cow's milk or other dairy-free milk.

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