



Rich Chocolate, Strawberry, and Coconut Overnight Oats

Serves: 1

Instructions

1. Mash the banana with a fork or potato masher.
2. Add oats, almond milk, vanilla, cacao powder, and peanut butter (or other nut butter) and stir well.
3. Refrigerate overnight.
4. The next morning top the oat mixture with strawberries, coconut, and nuts.
5. Enjoy!

Ingredients

- 1/2 ripe banana
- 1/2 cup old-fashioned oats
- 1/2 cup almond milk (I use almond coconut milk)
- 1/2 teaspoon vanilla extract
- 1 tablespoon high-quality dark cacao powder (unsweetened)
- 2 teaspoons peanut butter or almond butter
- 1 teaspoon chia or ground flax seed
- Strawberries (3 to 4), chopped
- 1 teaspoon flaked coconut
- 1 tablespoon nuts (your choice of: cashews, almonds, peanuts, or others)