

Almond Butter Chocolate Overnight Oats

Prep time: 10 mins Total time: 10 mins Serves: 1 serving

Ingredients

- ½ cup [gluten free steel cut oats](#) (use rolled oats for a smoother oatmeal)
- 1 tsp [chia seeds](#)
- 1 tsp [flax meal](#)
- 2 tsp [cacao powder](#)
- 1 T almond butter
- 1 chopped [medjool date](#) or 2 tsp [maple syrup](#)
- ½ cup almond milk

Instructions

1. Throw everything in a [jar](#)
2. Mix well and store in the fridge overnight to eat.

Notes

My recipe makes a thicker oatmeal. If you like yours thinner, just add a bit more milk. Take out in the morning and enjoy. I eat mine cold right out of the fridge. You can also try my [Overnight Oats in a Jar](#).

Recipe by My Whole Food Life at <http://mywholefoodlife.com/2013/08/10/almond-butter-chocolate-overnight-oats/>