

Zucchini Bread Recipes

Blended Brownie Batter Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base Oats

- [ ] 1 cup old-fashioned rolled oats
- [ ] 1 cup unsweetened almond milk (or milk of choice)
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp maple syrup
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp sea salt

Mix-Ins & Toppings

- [ ] 2 tbsp dark chocolate chips
- [ ] Sliced banana for topping
- [ ] A handful of toasted almonds
- [ ] Optional: 1 tbsp chia seeds for extra texture

Instructions

1. In a medium bowl, whisk together the almond milk, cocoa powder, maple syrup, vanilla, and sea salt until smooth; no lumps.



2. Stir in the rolled oats and Greek yogurt, making sure everything is evenly coated.



3. Cover the bowl or transfer to a mason jar, then refrigerate overnight (or at least 6 hours).



4. In the morning, give the mixture a good stir, fold in the dark chocolate chips, and top with banana slices and toasted almonds.



5 Enjoy chilled, or warm gently in the microwave for 30 seconds if you prefer a softer texture.



Nutrition per serving

380 kcal	15 g	55 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter bowl, add an extra drizzle of maple syrup before serving.
- For a richer texture, substitute half the almond milk with coconut milk.
- Chia seeds add a pleasant gel-like bite and extra omega-3s.