

Zucchini Bread Recipes

# Dark Chocolate Raspberry Overnight Oats

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| **10 min**<br>Prep time | **10 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Base

- [ ] 1 cup rolled oats
- [ ] 3/4 cup milk (dairy or plant-based)
- [ ] 1/4 cup Greek yogurt
- [ ] 2 tbsp dark chocolate chips (70% cocoa)
- [ ] 1/2 cup fresh raspberries
- [ ] 1 tbsp honey
- [ ] 1/2 tsp pure vanilla extract
- [ ] Pinch of sea salt

### Optional Toppings

- [ ] Sliced almonds
- [ ] Extra raspberries
- [ ] Chocolate shavings

## Instructions

1. In a mason jar or bowl, combine the milk and dark chocolate chips; let sit for a minute, then stir until the chocolate softens.
2. Add the rolled oats, Greek yogurt, honey, vanilla, and sea salt; mix until everything is evenly coated.
3. Gently fold in the raspberries, preserving their shape; cover the jar.
4. Place the jar in the refrigerator for at least 6-8 hours or overnight.
5. In the morning, give the oats a quick stir, top with sliced almonds, extra raspberries, and chocolate shavings if desired, then enjoy.

### Nutrition per serving

| 350 kcal | 14 g | 45 g | 12 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If the oats seem too thick, stir in a splash of extra milk before serving.
- For a fruitier version, swap raspberries for strawberries; see the strawberry recipe for inspiration.
- Adjust sweetness by adding more or less honey.