

Long Livo

High Protein Chocolate Overnight Oats: Healthy Breakfast

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Oat Base

- [ ] 1 cup old-fashioned rolled oats
- [ ] 2 tablespoons chia seeds
- [ ] 2 tablespoons unsweetened cocoa powder
- [ ] 1 scoop chocolate protein powder
- [ ] Pinch of salt

Liquid Ingredients

- [ ] 1 cup milk (dairy or plant-based)
- [ ] 1/2 cup plain Greek yogurt
- [ ] 2-3 tablespoons maple syrup or honey, to taste
- [ ] 1 teaspoon vanilla extract

Instructions

1. In a medium bowl or a jar with a lid, whisk together the rolled oats, chia seeds, cocoa powder, protein powder, and salt until well combined. Make sure there are no clumps from the protein powder.
2. Add the milk, Greek yogurt, maple syrup, and vanilla extract. Stir everything together with a spoon or whisk until fully incorporated. The mixture will be thin at first—that's normal.
3. Let the mixture sit for about 5 minutes, then give it one more good stir. This helps the chia seeds start to absorb liquid and ensures everything is evenly distributed.
4. Cover the bowl or jar tightly and refrigerate for at least 8 hours, or overnight. The oats will thicken significantly as they soak.
5. In the morning, give the oats a stir. If they're too thick, add a splash of milk to loosen. Serve cold with your favorite toppings like fresh fruit, nuts, or a drizzle of nut butter.

Nutrition per serving

385 kcal	28 g	48 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer chocolate flavor, use dark cocoa powder instead of regular.
- If you don't have protein powder, increase cocoa powder to 3 tablespoons and add a bit more sweetener.
- These oats taste even better after 24 hours as the flavors continue to meld.
- Experiment with different extracts—almond or coconut extract would be lovely variations.