

Cocoa Strawberry Overnight Oats

Portion Size: 1 serving

Yield: 4

Ingredients:

Old Fashion Oatmeal	1.5 cups
Milk (any variety)	2.5 cups
Baking Cocoa	1 TBSP
Dark Chocolate, Shaved	2 TBSP
Strawberries, Sliced	1 cup

Preparation:

1. Combine oats and milk. Allow oats to soak overnight (but not more than 15 hours).
2. Mix together overnight oats and cocoa powder until evenly distributed.
3. Make in individual cups layering the following:
 - 1 cup cocoa overnight oats
 - 1/4 cup sliced strawberries
 - 1 tsp. dark chocolate shavings for garnish

Can also be made in a large batch by placing all ingredients in a single serving container.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
200	10	34	5	11	3	1	70

RECIPES BY FLIK

For additional recipes visit:
flik-usa.com/blog/wellness/recipes