

Helergon Kitchen

Blended Brownie Batter Overnight Oats

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 3 tbsp maple syrup
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp sea salt

Add-ins

- [ ] 2 tbsp dark chocolate chips
- [ ] 1 tbsp chia seeds (optional)

Instructions

1. In a blender, combine almond milk, cocoa powder, maple syrup, vanilla, and sea salt; blend until smooth and glossy.
2. Add the rolled oats and Greek yogurt; pulse a few times just to coat the oats without turning them into a puree.
3. Stir in chia seeds if using, then transfer the mixture into two jars, top each with a sprinkle of dark chocolate chips.
4. Seal the jars and refrigerate overnight; the oats will soften and the chocolate flavor will deepen.
5. In the morning, give the oats a quick stir, add a drizzle of maple syrup if desired, and enjoy straight from the fridge.

Nutrition per serving

320 kcal	12 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a warmer breakfast, microwave for 30 seconds before eating.
- The oats continue to thicken; add a splash of milk if they become too dense.
- For extra protein, fold in a scoop of high protein powder.