

# German Chocolate Overnight Oats

1 Serving = 1 Bowl

## Tips on Nuts



### How To Store

At room temperature for up to a month. Store in an airtight container in fridge.



### How To Use

Add into salad, eat as a snack or use it to make spreads.



### Health Benefits

Promotes healthy brain cells, heart health & reduces the risk of some cancers.

## INGREDIENTS

- ½ cup old fashioned oats, uncooked
- ½ cup low-fat or nonfat milk
- 1 teaspoon honey
- ½ teaspoon cocoa powder
- 1 Tablespoon pecans, chopped
- 1 Tablespoon unsweetened, toasted coconut flakes

## DIRECTIONS

- Add oats, milk, honey, cocoa powder, and pecans to a small bowl, jar, or sealed container. Mix well to combine.
- Cover and refrigerate overnight.
- Top with coconut flakes.

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 Bowl</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 13g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 10g	
Vitamin D 1mcg	6%
Calcium 180mg	15%
Iron 2mg	10%
Potassium 405mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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