

Breakfast

# Chocolate Coconut Overnight Oats

**5 Mins**  
Prep Time

**4-6 Hours**  
Cook Time

**2**  
Servings

 **379** Calories   **15g** Fat   **56g** Carbs   **10g** Protein



## Ingredients

 **2 Servings** •  $\frac{1}{2}$  Cup Oat Mixtures Serving Size    **4-6 Hours Time** (pending refrigerator time)    **Allergens: Nuts, Gluten**

1  $\frac{1}{4}$  Cup Vanilla Almond Milk

1 Cup Old Fashioned Oats 

1 Tsp Cinnamon 

1 Tsp Vanilla Extract, optional

2 Tsp Dark Chocolate Cocoa Powder 

$\frac{1}{4}$  Cup Unsweetened Shredded Coconut 

### Topping

1 Banana, sliced 

$\frac{1}{4}$  Cup Slivered Almonds or Nut of Choice 

### Allergen Swap

**Nut** Omit the almonds and coconut; replace almonds with seed of choice; omit almond milk and use soy, rice, or cow's milk.

**Gluten** Oats are naturally gluten-free but may be contaminated during processing. For those with Celiac Disease, use gluten-free oats.

### Nourishment Note



#### **Oats**

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



#### **Cinnamon**

Cinnamon is a powerhouse antioxidant and spice. It contains high amounts of polyphenols, a type of nutrient that helps protect body cells from becoming damaged or harmed.



#### **Cocoa Powder**

In moderation, dark chocolate cocoa powder may provide beneficial antioxidants important to reducing inflammation associated with MS.

Continued on reverse >

## What You'll Need



Measuring Cups



Measuring Spoons



Mixing Bowl



Mixing Spoon

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Dry Ingredients

Combine almond milk, oats, cinnamon, vanilla, cocoa powder, and coconut in a medium sized mixing bowl. Mix until ingredients are well incorporated. Cover and refrigerate for 4-6 hours, or overnight.

### 3. Serve & Enjoy

Scoop into bowls and top with slivered almonds and banana slices. Serve cold or at room temperature.

### 4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

### Nourishment Note



#### Coconut

Coconut contains medium chain triglycerides. This is a type of fat the body uses instantly for energy! However, the high saturated fat content makes it a treat to be enjoyed in moderation.



#### Almonds

Almonds are an excellent source of protein, fiber, heart-healthy fats, and vitamin E. The fiber may help keep the digestive system running smoothly while the vitamin E content can help lower inflammation.



#### Bananas

Bananas are high in carbohydrates, a type of sugar, that provide your body with a quick burst of energy. They're also helpful with digestive regularity.

### Fatigue Buster

- Make a double batch to enjoy for a meal or snack every day during the week.