

## Brownie Batter Overnight Oats

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*I am a sucker for brownie batter. Have you ever gone to the baking counter, saw that you had brownie mix, and then made the brownie mix? However, the brownies never made it to the oven! Instead, you ate all the brownie batter! Or maybe you are the person who licks the bowl clean after they go in the oven. If this sounds like you, then you need to give this brownie batter overnight oats recipe a try!*

### **Ingredients:**

2 tbsp	Unsweetened cocoa powder
½ cup	Oats, measured dry
Pinch	Salt
1-2 tbsp	Stevia
2 tbsp	PB2 (or peanut butter, but PB2 is reflected in the nutrition facts)
3 tsp	Unsweetened applesauce
½ cup	Milk of choice (Unsweetened vanilla almond milk is shown in nutrition facts)
1 single	Non-fat, Greek yogurt, flavor of choice (I use vanilla)
Pinch	Chocolate chips 😊 (Optional)

### **Directions:**

1. Combine all dry ingredients (including the PB2 if using it) in a pint-sized Mason jar and mix well.
2. Add the milk and stir until oats are all wet.
3. Top with yogurt (an peanut butter if you used that vs PB2) and chocolate chips.
4. Put the lid on and place in the fridge overnight (6-8 hours)
5. In the morning, grab you jar, mix well, and go!!

\*If you want to mix it up, use different extracts, flavors of yogurt, and a variety of fruit. To make this more fruits, omit the cocoa powder and chocolate chips. Then, you would mix in a fruit of choice before you top with yogurt.

### **Nutrition Facts:**

Servings: 1 pint

Serving size: 1 pint

Calories: 322

FAT: 8 g

CHO: 39 g

PRO: 23.5 g