PUMPKIN CHOCOLATE MILK OVERNIGHT OATS
PUMPKIN CHOCOLATE MILK OVERNIGHT OATS

MAKES 2 SERVINGS

Ingredients
2 cups real chocolate milk
1 cup old-fashioned rolled oats
1/4 cup chia seeds
1/2 teaspoon kosher salt
1/2 cup roasted, salted pumpkin seeds
or other nuts (optional)
1 tablespoon maple syrup (optional)
1/4 cup chocolate chips (optional)

Pair each serving with:
8-ounce glass of milk

Directions
1. In a large, sealable container (such as a glass jar or plastic container), mix together chocolate milk, oats, chia seeds, salt, and pumpkin seeds (if using).
2. Cover and refrigerate for at least 8 hours and up to 4 days.
3. Taste oats and stir in maple syrup, if desired.
4. Portion into 2 bowls and serve (or eat straight out of the container!).
5. Top with chocolate chips, if desired.
6. Pair with a glass of milk – chocolate or classic – and enjoy!

Nutrition: 540 calories; 14 g fat; 4 g saturated fat; 15 mg cholesterol; 27 g protein; 79 g carbohydrates; 12 g fiber; 750 mg sodium; 743 mg calcium. Nutrition figures based on using lowfat chocolate milk and include an 8-ounce glass of lowfat classic milk. Nutrition figures do not include optional ingredients.