

Chocolate Hazelnut Overnight Oats

Makes 1 cup of oatmeal

Prep Time: 5 minutes

Ingredients:

½ c non-dairy milk
2 T vegan chocolate hazelnut spread
1 T ground flaxseeds
½ c gluten-free oats

Directions:

1. Heat milk until steaming. Pour into 16 oz. jar with spread and blend until smooth.
2. Stir in oats and flax. Allow to thicken for 6-8 hours. Garnish as desired.



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Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 330	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 52 mg	2 %
Potassium 152 mg	4 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 9 g	37 %
Sugars 4 g	
Protein 13 g	26 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	3 %
Iron	18 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	