

Chocolate Overnight Oats

So easy to make and enjoy the next morning

INGREDIENTS YOU WILL NEED



1 Banana



Rolled Oats



Pumpkin Seeds



Sunflower Seeds



Cocoa Powder



Milk

UTENSILS YOU WILL NEED



Bowl



Fork



Measuring Cup



Measuring spoons

Ingredients:

1 Ripe Banana

1/2 Cup of Oats

1 Teaspoon of Pumpkin Seeds

1 Teaspoon of Sunflower Seeds

1 Tablespoon of Cocoa Powder

1 Cup of Milk

Step 1

Mash a banana in a bowl.

Step 2

Add your oats, sunflower seeds, pumpkin seeds, cocoa powder and milk.

Step 3

Leave for at least 15mins but overnight is better