

Chocolate Overnight Oats

So easy to make and enjoy the next morning

INGREDIENTS YOU WILL NEED



UTENSILS YOU WILL NEED



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