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## Chocolate Peanut Butter Overnight Oats ••

Chocolate Peanut Butter Overnight Oats is a delicious and nutritious breakfast option. It is made by combining oats, almond milk, cocoa powder, peanut butter, and sweetener of choice. The mixture is left to soak overnight, allowing the oats to soften and absorb the flavors. In the morning, the oats are ready to be enjoyed, either cold or warmed up. This recipe is vegan-friendly and provides a good source of fiber, protein, and healthy fats.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

100 g Oats

250 ml almond milk

15 g	Cocoa Powder
30 g	Peanut Butter
15 g	sweetener of choice

## Directions

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### Step 1

In a jar or container, combine oats, almond milk, cocoa powder, peanut butter, and sweetener of choice.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

**Stirring**

Stir well to ensure all the ingredients are evenly mixed.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

**Refrigerating**

Cover the jar or container and refrigerate overnight or for at least 4 hours.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

**Stirring**

In the morning, give the oats a good stir and adjust sweetness if needed.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

**Microwaving, stove**

Serve the Chocolate Peanut Butter Overnight Oats cold or warm them up in the microwave or on the stovetop.

**Prep Time:** 3 mins

**Cook Time:** 2 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 14 g

**Protein:** 12 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

**Events**

Christmas

### Meal Type

Breakfast

Brunch

Supper

### Nutritional Content

Low Calorie

### Course

Breads

Salads

Snacks

### Cultural

Chinese New Year

### Cost

Under \$10

### Demographics

Kids Friendly

Diabetic Friendly

### Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Low Glycemic Index Diet

Low Sodium Diet

### Difficulty Level

Medium

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