

PUMPKIN CHOCOLATE MILK OVERNIGHT OATS



got milk?[®]



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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)*

DIRECTIONS

1. Mix chocolate milk, oats, chia seeds, salt, and pumpkin seeds (if using).
2. Cover and refrigerate for at least 8 hours
3. Stir in maple syrup and chocolate chips, if desired.
4. Pair with a glass of milk, 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.

