



Walnut Brownie Overnight Oats

Us here at HealthyNow love a nutritious, delicious start to our day, and these Overnight Oats are perfect for that. And that they are crazy easy to make, even better!

Makes: 1 serving, Prep Time: 2 minutes, Cook Time: 0 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

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You'll need:

- 1 cup steel cut oats
- 1 teaspoon chia seeds
- 2/3 cup unsweetened milk of choice
- 3/4 teaspoon cocoa powder
- 1 tablespoon maple syrup
- 1 teaspoon chopped walnuts (for topping)
- 1 teaspoon cacao nibs (for topping)

To make it:

1. Mix ingredients (except for the walnuts and cacao nibs) in a cup with a spoon.
2. Place in the fridge overnight or for at least eight hours.
3. In the morning add the walnuts and cacao nibs and enjoy!

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca/recipes

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