



Triple Chocolate Overnight Oats

This overnight oats recipe is a quick and easy meal prep breakfast with added protein.

Serving Size: 2 servings

Preparation Time: 5 minutes (plus 6 hours of rest)

Ingredients

- 1 bottle of Muscle Milk® Protein Chocolate Shake (14oz)
- 1/2 cup of rolled oats
- 1 teaspoon of unsweetened cocoa powder
- 1 teaspoon of chia seeds
- 1 tablespoon of dark chocolate chips
- 1 teaspoon of agave syrup (optional)
- 1 pinch of salt
- 2 fresh raspberries for garnish

Directions

- Pour the rolled oats, cocoa powder, chia seeds, and the pinch of salt into a glass jar or container with a lid.
- Mix the dry ingredients with a spoon to ensure the cocoa is evenly distributed.
- Add the Muscle Milk® Protein Chocolate Shake and the agave syrup to the container.
- Stir with a spoon until there are no cocoa lumps or dry oats left at the bottom.
- Fold half of the chocolate chips into the mixture.
- Cover the container and refrigerate for a minimum of 6 hours or overnight.
- Remove from the refrigerator and garnish with the remaining chocolate chips and fresh raspberries on top before serving.
- Enjoy!