THE LIGHTER PLATE METHOD

Cacao & Hazelnut Overnight Oats

Tastes like chocolate spread on a spoon, without the sugar rush.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**0 min**	**10 min**	**2**	**EASY**

Ingredients

- 80 g porridge oats
- 2 tbsp cocoa powder
- 40 g hazelnuts (roughly chopped)
- 350 ml semi-skimmed milk
- 1 banana (mashed)
- 2 tbsp maple syrup

Method

1. Toast the hazelnuts in a dry pan for 3 minutes until they smell nutty. Tip out and cool.
2. Whisk the cocoa powder with a splash of the milk in a bowl until smooth — do this first or it stays lumpy.
3. Stir in the remaining milk, the oats, mashed banana and maple syrup.
4. Divide between two jars, cover and chill overnight.
5. Top with the toasted hazelnuts before eating.

Tips & swaps

- Making a paste with the cocoa before adding the rest of the liquid is the difference between smooth chocolate oats and gritty ones.

Storage & reheating

Keeps covered in the fridge for up to 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**12g**	**48g**	**15g**	**7g**

Estimated values, for guidance only. Contains: Oats (gluten), Milk, Tree nuts (hazelnuts).