



Chocolate Overnight Oats

These overnight oats taste like dessert—but they're made entirely from nourishing, whole-food ingredients. Sweetened naturally with Medjool dates and flavored with raw cacao and vanilla powder, this breakfast is rich, chocolatey, and satisfying without a drop of added sugar.

The base is simple: gluten-free oats soaked in a creamy blend of almond milk, dates, cacao, vanilla powder, and a pinch of sea salt, then finished with crunchy toasted walnuts for texture and depth. Mix it all together, let it sit overnight, and breakfast is ready the moment you wake up.

I like to portion mine into jars for an easy grab-and-go option—and while it's already delicious as is, you can dress it up in the morning with fresh banana slices or berries for even more natural sweetness.

No cooking. No refined ingredients. Just real food, done right.

Ingredients

- 2-1/2 cups Almond milk (unflavored & unsweetened)
- 11 Medjool dates, organic, pitted
- 3 TB cacao (not cocoa), organic
- 1.5 tsp vanilla powder
- 3 cups gluten free organic oats
- Pinch of sea salt (I use Redmonds)
- 1 cup toasted walnuts, chopped

Procedure

1. In a large bowl, add oats and set aside.
2. Put the almond milk, dates, cacao, vanilla powder and salt into the blender and blend about a minute.
3. Pour the chocolate almond mixture over the oats and stir to combine the ingredients.
4. Add the walnuts and stir.

5. You might want to add more dates if it's not sweet enough for you and if you do, you will probably want to add more almond milk to get it to your desired consistency but this amount works for me.
6. Place oat mixture into jars and refrigerate overnight.

Watch my YouTube demonstration [HERE](#).

Bon Appetit!