

# Triple Chocolate Overnight Oats

Makes two

THM-Friendly: E

Make a batch of Handy Chocolate Syrup (THM Cookbook page 479). Let cool.

In a Ninja chopper or blender, add:

- 1 cup low-fat cottage cheese (can use half Greek yogurt)
- 2/3 cup rolled oats (regular or sprouted)
- 1/2 cup nut milk
- 1 Tbsp. THM Gentle Sweet
- pinch of mineral salt
- 1/2 tsp. vanilla extract
- 1/2 cup THM optimized chocolate whey

Zing up.

- chocolate bar (up to 5 grams)

Chop up the chocolate bar and stir into the oatmeal. Dividing the oatmeal in half, spoon into glass jars or bowls. Drizzle with the Handy Chocolate Syrup. Put your oats in the refrigerator and enJOY them tomorrow and the next day!

