**Low Fat Chocolate Milk**

Select Varieties

1 gal

2 cups real chocolate milk

1 cup old-fashioned rolled oats

1/4 cup chia seeds

1/2 teaspoon kosher salt

1/2 cup roasted, salted pumpkin seeds

or other nuts (optional)

1 tablespoon maple syrup (optional)

1/4 cup chocolate chips (optional)

Pair each serving with:

8-ounce glass of real milk

**Directions**

1. In a large, sealable container (such as a glass jar or plastic container), mix together chocolate milk, oats, chia seeds, salt and pumpkin seeds (if desired)

2. Cover and refrigerate for at least 8 hours and up to 4 days.

3. Taste overnight oats and stir in maple syrup, if desired.

4. Portion into 2 bowls and serve.

5. Top with chocolate chips, if desired.

6. Serve with a glass of milk—chocolate or classic—and enjoy!

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**Pumpkin Chocolate Milk Overnight Oat Recipe**

Makes 2 servings

**INGREDIENTS**

- 1/2 cup peanut butter
- 1/2 cup honey
- 1/2 teaspoon vanilla
- 3 1/2 cups dry cereal

Pair with:

8 oz glass of real milk

**DIRECTIONS**

1. Line 8”x8” pan with parchment paper & set aside.

2. Combine peanut butter & honey in medium size sauce pan. Cook for 3 min, stirring occasionally. Remove from heat & stir in vanilla.

3. Add dry cereal & stir until coated. Press into lined pan. Use a piece of parchment paper to press firmly down on the bars.

4. Refrigerate for 1 hr or until ready to serve.

5. Serve alongside a glass of milk, and enjoy!