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!

Pumpkin Chocolate Milk Overnight Oat Recipe
Makes 2 servings

INGREDIENTS
1/2 cup blueberries
1 kiwi
1 banana
1/3 cup oats
1 tbsp tahini
1 cup real milk

DIRECTIONS
1. Toss smoothie ingredients into a blender and blend until smooth
2. Pour smoothie into a bowl and top with kiwi, banana, oats, and tahini drizzle

But First, Blueberry Oat Smoothie