

# Chocolate Overnight Oats

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**Total Time** 10 minutes, plus  
overnight soaking

**Prep Time** 5 minutes

**Cook Time** 5 minutes, plus  
overnight soaking

**Rating** ★★☆☆☆ (428)

Here is the perfect excuse to eat chocolate for breakfast. With the addition of cocoa and vanilla, these creamy overnight oats taste undeniably rich and indulgent. The sticky Medjool dates break down, adding a caramel flavor and natural sweetness. (Regular dates will work too, but you may need one or two more.) Customize these oats as you wish: Add spices like ground ginger or cinnamon; dried fruits such as raisins, figs or prunes into the soaking mixture; or top with toasted shredded coconut or toasted nuts for texture.

## INGREDIENTS

**Yield:** 4 servings

- 1 cup old-fashioned rolled oats
- 2 tablespoons chia seeds
- 3 Medjool dates, pitted, roughly chopped
- 2 tablespoons maple syrup, plus more to serve
- 2 teaspoons vanilla extract
- 3 tablespoons unsweetened cocoa powder
- 2½ cups milk or non-dairy milk
- Mixed berries, to serve

## PREPARATION

### Step 1

In a quart jar or a large airtight container, mix the oats, chia seeds, dates, maple syrup, vanilla, cocoa powder and milk. Stir well with a wooden spoon. If the cocoa powder does not dissolve straight away, leave it for a few minutes, then stir again.

### Step 2

Seal the jar or container tightly and refrigerate overnight (at least 6 hours).

### Step 3

To serve, stir well. Place into bowls and top with berries and, if you like, a small drizzle of maple syrup.

## TIP

*While not mandatory, the oats benefit from a little stir, about 1 to 2 hours after first being refrigerated. This allows for more even distribution of the chia seeds and prevents clumping.*

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