

# Jessica's Chocolate Tahini Overnight Oats

## INGREDIENTS

1/3 Cup Oats

1/2 Cup Oat Milk

1 Tbsp Tahini

(Soom brand is my favorite - and they're from Philly too!)

1 Tbsp Cacao Powder

1/2 Tbsp Cacao Nibs

1/2 Tbsp Chia Seeds

1/2 Tbsp Hemp Seeds

1 tsp Maple Syrup

1/2 tsp Vanilla

Dash of Salt

## DIRECTIONS

Put all the ingredients together in a jar. Place in the fridge overnight.

In the morning, stir well. Add more oat milk if needed. Enjoy!

## A FEW PERSONAL NOTES FROM JESSICA:

- All of these ingredients can be adjusted to make this recipe more aligned with you. For example, if you need this to be more satiating, increase the amount of oats, oat milk, and chia seeds. Or if you want more or less chocolatey flavor, adjust accordingly!
- Now that local strawberries are coming into season, in the morning I love slicing a few and putting them on top. Feel free to top with your favorite fruit or none at all!
- I also make about 4 jars of this at a time so breakfast is made for the week. In the morning, I just grab a jar out of the fridge, mix, and eat!
- If you are short on time or forget to do it the night before (been there, done that!), I'll make it in the morning, go walk the dogs, and when I get back it's ready to eat.

