



Tiramisu Style Overnight Oats and Chia

Tiramisu, a classic Italian dessert is the inspiration for these overnight oats with chia. Instant espresso powder adds a touch of bitterness to the dish, which gets balanced by the sweetness of the maple syrup. Chia seeds are loaded with essential nutrients such as omega-3 fatty acids, fiber, protein, calcium, and antioxidants. These nutrients can help athletes perform at their best, recover from workouts, and support overall health.

Serves: 4, Prep time: 00:10, Cook time: 04:00

Instructions

1. Whisk almond milk, 1/4 cup yogurt, 1 1/2 tablespoons maple syrup, chia seeds, espresso powder, vanilla and salt together in a large bowl. Add oats; stir until completely coated and submerged. Cover and refrigerate for at least 4 hours and up to 4 days.
2. Combine the remaining 3/4 cup yogurt and 1 tablespoon maple syrup in a small bowl to make maple yogurt.
3. To serve, spoon 2/3 cup oat mixture into a small jar or bowl. Top with 3 tablespoons maple yogurt. Use a small fine-mesh sieve to dust with 1/4 teaspoon cocoa.

Ingredients

- 1.5 cups Almond or Soy Milk, Unsweetened
- 1 cups Yoghurt, Greek style, full-fat
- 1.5 tablespoon Maple Syrup, Can be honey
- 2 tablespoon Chia Seeds
- 2 teaspoon Espresso Powder, Instant (can be decaf)
- 1 teaspoon Vanilla extract
- 1.5 cups Oats, toasted, Rolled Oats
- 1 teaspoon Cocoa powder , Divided

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