

Feb.

Friends and Family

Culinary Services Group
Your Dining Partner



Chocolate Pistachio Overnight Oats

Ingredients

- 1/2 Cup Rolled Oats
- 1/2 Cup Milk of Choice
- 1 1/2 tsp cocoa powder
- 1/2 tsp vanilla extract
- 1 tsp Flax or Chia Seeds, optional
- 3 Pistachios, roughly chopped
- 1-2 tsp Maple Syrup
- Dash of Sea Salt

Yield: 1 Serving

Steps

- 1) Combine all ingredients into a container that can be sealed.
- 2) Stir well to combine.
- 3) Chill for 4 hours, up to overnight.
- 4) Eat hot or cold and with a sprinkle of extra pistachios if desired!

Here's What We're Up to This Month:

Suggested Activity: Celebrate Valentine's Day

Wellness Focus: February is American Heart Month, a time dedicated to raising awareness about heart disease and the importance of cardiovascular health. It's a reminder to prioritize heart-healthy habits like eating nutritious foods, staying active, and managing stress. Small changes can make a big difference in protecting your heart!

Food for Thought:

Rolled oats are a nutritional powerhouse, packed with heart-healthy soluble fiber that helps lower cholesterol levels and improve digestion. They're also a great source of complex carbohydrates, providing sustained energy, and are rich in essential vitamins, minerals, and antioxidants that support overall health.

Scan the QR Code! ▼

Try our recipe at home.

