Chocolate Overnight Oats with Homemade Strawberry Jam

czas przygotowania: 30 min

poziom trudności: łatwy



A delicious and convenient breakfast combining creamy chocolate overnight oats, chia seeds and protein powder with homemade strawberry jam. Made with Gellwe Extra Dark Cocoa Powder and Gellwe Konfiturex, this easy recipe is perfect for preparing ahead and enjoying on busy mornings.

Składniki

For the homemade strawberry jam:

- Strawberries – 2 kg
- Gellwe Konfiturex – 2 packs
- Erythritol or sugar – 400 g

For the overnight oats:

- Instant oats – 3 tbsp
- Chia seeds – 1 tbsp
- Protein powder – 1 scoop
- Gellwe Extra Dark Cocoa Powder – 1 tsp
- Milk – 1 cup
- Homemade strawberry jam – as desired

Sposób przygotowania