



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Overnight Raspberry Vanilla Muesli

This overnight muesli recipe is a delicious and healthy breakfast option. It is made with rolled oats, raspberries, vanilla extract, and almond milk. The mixture is left to soak overnight, allowing the oats to soften and absorb the flavors. In the morning, the muesli is ready to be enjoyed, providing a nutritious and filling start to the day.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|---------------|-----------------|
| 100 g | Rolled Oats |
| 50 g | Raspberries |
| 150 ml | almond milk |
| 1 tsp | vanilla extract |

Directions

Step 1

In a bowl, combine the rolled oats, raspberries, almond milk, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well to ensure all ingredients are evenly distributed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Cover the bowl and refrigerate overnight.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

In the morning, give the muesli a final stir and divide into serving bowls.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 7 g

Protein: 10 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 60 g | 109.09% | 120% |
| Fibers | 10 g | 26.32% | 40% |
| Sugars | 10 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 4 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 7 g | 25% | 28% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin A | 5 iu | 0.56% | 0.71% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 8 mg | 53.33% | 53.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 50 mg | 2.17% | 2.17% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

Difficulty Level

Medium

Visit our website: healthdor.com