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Overnight Oats ♦

Overnight oats are a popular breakfast dish that is made by soaking rolled oats in a liquid overnight. The oats absorb the liquid, becoming soft and creamy, and can be eaten cold or heated in the morning. They are a convenient and nutritious breakfast option that can be customized with various toppings and flavors.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

40 g	Rolled Oats
200 ml	almond milk
10 g	Chia Seeds
10 g	honey
50 g	fresh berries

20 g Nuts

Directions

Step 1

In a jar or container, combine the rolled oats, almond milk, chia seeds, and honey.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well to ensure all the ingredients are evenly mixed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Refrigerating

Cover the jar or container and refrigerate overnight.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

In the morning, give the oats a good stir and add your desired toppings such as fresh berries and nuts.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Enjoy your delicious and nutritious overnight oats!

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Winter Spring Summer

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Difficulty Level

Easy

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