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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<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein  | 10 g  | 58.82%                       | 58.82%                         |

# Carbohydrates

| Nutrient      | Value | % Daily<br>Intake<br>(Males) | % Daily<br>Intake<br>(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<br>Intake<br>(Males) | % Daily<br>Intake<br>(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<br>Intake<br>(Males) | % Daily<br>Intake<br>(Females) |
|----------|-------|------------------------------|--------------------------------|
|----------|-------|------------------------------|--------------------------------|

| 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<br>Intake<br>(Males) | % Daily<br>Intake<br>(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%                          |

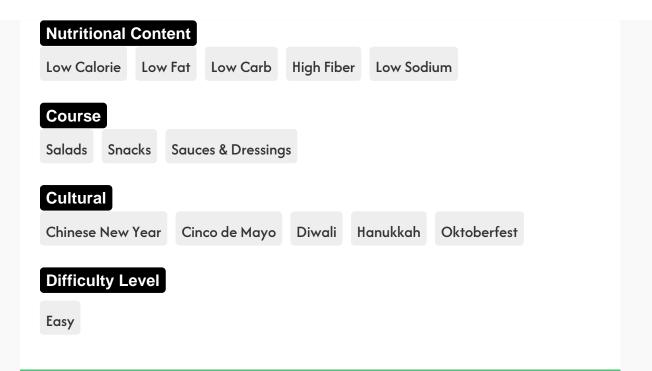
# **Recipe Attributes**



Winter Spring Summer

## Meal Type

Breakfast Brunch Lunch Snack Supper



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