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Overnight Chia Seed Oatmeal

Overnight Chia Seed Oatmeal is a vegan recipe that combines the nutritional benefits of chia seeds and oats. It is a popular breakfast option that can be prepared the night before and enjoyed in the morning. The chia seeds add a gel-like texture to the oats, making them creamy and delicious. This recipe is a great source of fiber, protein, and healthy fats.

Recipe Type: Vegan

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

50 g	Rolled Oats
20 g	Chia Seeds
250 ml	almond milk
2 tbsp	maple syrup

1 tsp vanilla extract

100 g fresh berries

Directions

Step 1

In a jar or container, combine the rolled oats, chia seeds, almond milk, maple syrup, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well to ensure all the ingredients are evenly mixed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Cover the jar or container and refrigerate overnight or for at least 4 hours.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

In the morning, give the oatmeal a stir and top with fresh berries.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 9 g

Protein: 7 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	8 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	9 g	32.14%	36%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	240 mg	7.06%	9.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter Summer

Meal Type

Breakfast Lunch Snack Brunch Supper

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium

Kitchen Tools

Blender

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Thanksgiving

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Difficulty Level

Medium

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