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Overnight Fruity Oats ♦

Overnight Fruity Oats is a delicious and nutritious breakfast option that can be prepared the night before. It is made by combining oats, milk, yogurt, and a variety of fruits. The mixture is left to soak overnight, allowing the oats to soften and absorb the flavors of the fruits. In the morning, the oats are ready to be enjoyed, either cold or warmed up. This recipe is perfect for those who are looking for a quick and easy breakfast that is packed with fiber, vitamins, and minerals.

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
200 ml	milk
100 g	yogurt

100 g	Banana
50 g	Strawberries
50 g	blueberries
10 g	honey

Directions

Step 1

In a jar or bowl, combine the rolled oats, milk, and yogurt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Cover the jar or bowl and refrigerate overnight.

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

In the morning, stir the oats and add sliced banana, strawberries, blueberries, and a drizzle of honey.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 4 g

Protein: 10 g

Carbohydrates: 55 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	55 g	100%	110%
Fibers	8 g	21.05%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Calcium

Kitchen Tools

Blender

Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

St. Patrick's Day

Thanksgiving

Easter

Cost

Under \$10

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

Nordic Diet

Alkaline Diet

Intermittent Fasting

16:8 Diet

OMAD (One Meal a Day) Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

Nutrient Timing Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

The Baby Food Diet

The 3-Hour Diet

The French Women Don't Get Fat Diet

The Cookie Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet The Werewolf Diet The Five-Bite Diet

The Negative Calorie Diet The Ice Cream Diet The Master Cleanse Diet

The Subway Diet The SlimFast Diet The Cambridge Diet The Shangri-La Diet

The Best Life Diet The 3-Day Diet The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet The Peanut Butter Diet The Bulletproof Diet

The Carnivore Diet The Dukan Diet The HCG Diet The Optavia Diet

The Pritikin Diet The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching
Sautéing Roasting Smoking Curing Blending Grinding Freezing
Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing
Pressing Jellying Carbonating Whipping Stirring Simmering Cutting
Cut Mixing Resting Plating Serving Cooking None Stir-frying
Mashing Preheating Sprinkling Heating Refrigerating Preparation
Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease
Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease
Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis
Liver disease Gastroparesis Gastroenteritis Hepatitis Colorectal cancer

Difficulty Level

Medium

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