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## Yogurt and Chia Overnight Oats ♦♦

Yogurt and Chia Overnight Oats is a delicious and nutritious breakfast option. It is made by combining oats, chia seeds, yogurt, and milk, and letting it sit overnight in the refrigerator. The oats and chia seeds absorb the liquid, resulting in a creamy and satisfying texture. This recipe is vegetarian-friendly.

**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

50 g	Oats
20 g	Chia Seeds
150 g	yogurt
200 ml	milk

# Directions

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## Step 1

In a bowl, combine oats, chia seeds, yogurt, and milk.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

**Stirring**

Stir well to ensure all ingredients are evenly mixed.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

**Refrigerating**

Cover the bowl and refrigerate overnight.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

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## Step 4

**Stirring**

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

Top with your favorite fruits, nuts, or sweeteners, if desired.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 5 g

**Protein:** 12 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Easter

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

### Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

High Iron

High Calcium

### Kitchen Tools

Blender

### Course

Appetizers

Salads

Snacks

Sauces & Dressings

### Difficulty Level

Medium

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