

### **Nutritions Per Serving**

See All

6 g

**CALORIES** 230

CARBS

**FAT** 40 g

**FIBER** 

5 g

3 tbsp

200 ml

1 cup

30 ml

1 tbsp

1 tbsp

Ingredients

Serves 1

Milk (Almond/ Soya)

**Rolled Oats** 

Yogurt

Chia Seeds

**Almond Flakes** 

Honey/ Maple Syrup

Spaconal Fruite

**Step by Step mode** 

**Buy Ingredients** 

## Instructions

#### Step 1 In a mason jar or container with a lid, combine

the rolled oats, milk, yogurt, honey or maple syrup, and chia seeds. Stir well to combine all the ingredients.





## Cover the container and place it in the fridge

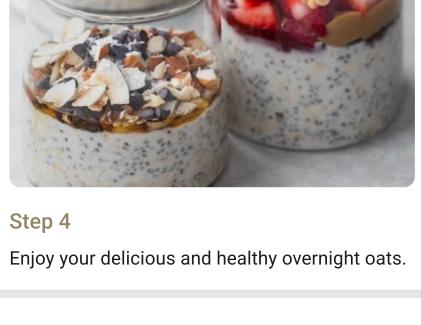
overnight or for at least 6 hours. This allows the oats to absorb the liquid and become soft and creamy.





#### and any other desired toppings, such as nuts or granola.

freshly cut fruits of your choice, almond flakes

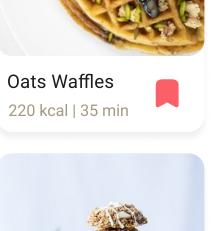


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200 kcal | 15 min

Overnight Oats







Oats Granola



