



Overnight Oats

Easy | 15 min

Nutritions Per Serving

[See All](#)

CALORIES	CARBS	FAT	FIBER
230		40 g	5 g
			6 g

Ingredients

- Serves 1 +

	Chia Seeds	3 tbsp
	Milk (Almond/ Soya)	200 ml
	Rolled Oats	1 cup
	Yogurt	30 ml
	Honey/ Maple Syrup	1 tbsp
	Almond Flakes	1 tbsp
	Seasonal Fruits	1 cup

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.



Step 2

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.



Step 3

In the morning, give the oats a stir and add freshly cut fruits of your choice, almond flakes and any other desired toppings, such as nuts or granola.



Step 4

Enjoy your delicious and healthy overnight oats.

More Recipes Like This



Berry Oatmeal

110 kcal | 10 min



Vegan Oatmeal

90 kcal | 15 min



Oats Waffles

220 kcal | 35 min



Oats Granola

100 kcal | 30 min



Overnight Oats

200 kcal | 15 min



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200 kcal | 15 min

