

Overnight Oats

Prep time: 3+ min

Serves: 1

INGREDIENTS

½ cup of oats

½ cup of milk

½ cup of yogurt

Sweetener of your choice

⅛ tsp of salt

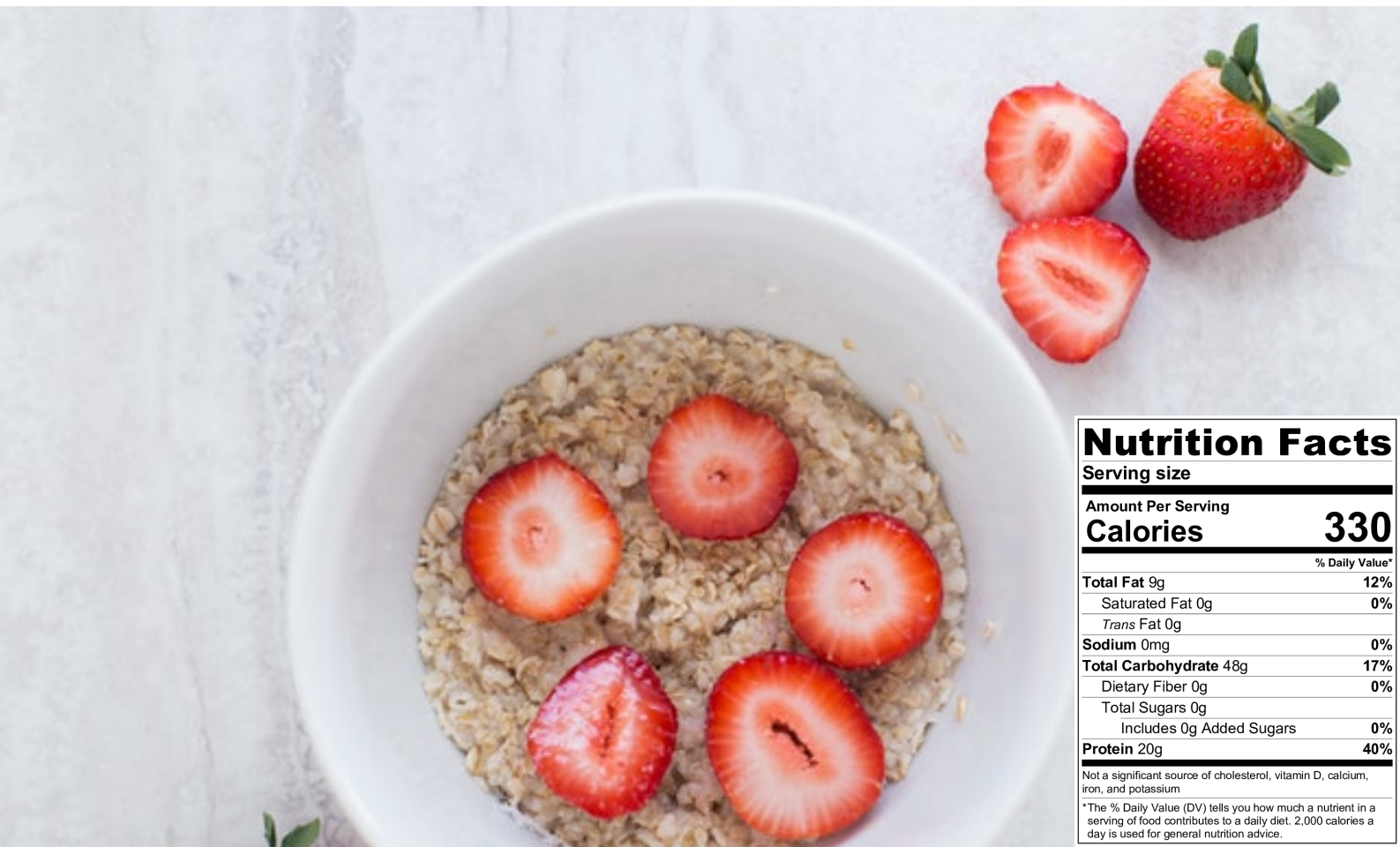
½ cup of fruit of your choice

½ tsp of nut butter

1 tsp of chia seeds

Add and combine all the ingredients in the mason jar, and shake well

Leave overnight in the fridge, and stir before eating in the morning



Nutrition Facts

Serving size

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 9g 12%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 0mg 0%

Total Carbohydrate 48g 17%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 20g 40%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.