

# Golden Milk Overnight Oats

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-golden-milk-recipe-cold>

## Ingredients:

- 2 cups milk choice, I like Ripple pea protein milk
- 3/4 teaspoon turmeric
- 2 tablespoons honey
- 1/2 teaspoon powdered ginger
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- freshly ground black pepper A couple of grinds of
- 1/2 cup old-fashioned rolled oats
- 1/2 cup golden milk from above
- 1/2 cup mango chopped, fresh or frozen, divided
- 1/4 cup fat free greek yogurt plain
- 1 pinch salt
- 8 almonds chopped
- 2 teaspoons coconut flakes unsweetened

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 25 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 17 grams
8. Sodium: 340 milligrams
9. Sugar: 41 grams

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