

Healthy Overnight Oatmeal

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fresh-fruit-cake-recipe>

Ingredients:

- 2 1/2 cups oatmeal quick or rolled
- 2 1/2 cups soy milk or almond milk or other non-dairy milk
- 5 tablespoons chia seeds
- 5 tablespoons maple syrup
- 1 1/4 teaspoons vanilla
- 2 1/2 cups fresh fruit
- 5 tablespoons nuts toasted

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 70 grams
3. Fat: 15 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 2 grams
7. Sodium: 180 milligrams
8. Sugar: 27 grams

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