

Golden Milk Overnight Oats {gluten-free, vegan}

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spice-latte-for-sleep-recipe>

Ingredients:

- 1 tablespoon honey more to taste, 15 ml
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 2 tablespoons boiling water 30 ml
- 2 cups milk plant, I like coconut almond milk from Milkman which is essentially equal parts almond milk and coconut water with a littl...
- 1 1/3 cups old-fashioned rolled oats gluten-free if intolerant, 100 g
- 2 tablespoons chia seed 20 g
- 2 tablespoons hemp hearts 20 g
- 1 1/2 cups golden milk above, 355 ml
- fresh fruit
- honey

Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 94 grams
3. Cholesterol: 25 milligrams
4. Fat: 57 grams
5. Fiber: 14 grams
6. Protein: 24 grams
7. SaturatedFat: 42 grams
8. Sodium: 210 milligrams
9. Sugar: 45 grams

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