

Indian Style Figs-Saffron Overnight Oats

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/oats-recipe-indian-veg>

Ingredients:

- 1 bowl oats with Lid - Storing the, with milk mixture
- 1 cup rolled oats
- 2 cups coconut milk You can use any other milk too
- 1/4 cup water
- 1/4 cup figs ** - Chopped
- 1/4 cup mixed nuts Chopped, I'm using more of pistachio with pecans, almonds
- 1 pinch saffron
- 1 pinch cinnamon powder
- 2 green cardamom Deseeded & Crushed
- 4 tablespoons brown sugar Any sugar as per choice

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 35 grams
3. Fat: 35 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 26 grams
7. Sodium: 80 milligrams
8. Sugar: 15 grams

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