

Overnight Oats with Greek Yogurt

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-oats-recipe>

Ingredients:

- 1 cup rolled oats
- 1 cup milk I use almond
- 1 cup greek yogurt
- 2 tablespoons maple syrup
- 1 tablespoon chia seed
- 1 dash salt

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 150 milligrams
9. Sugar: 13 grams

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