

# Overnight Oats

Yield: 1 min  
Total Time: 5 min

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

## Ingredients:

- 1/3 cup oats
- 1/3 cup milk
- 1/3 cup greek yogurt
- 2 teaspoons agave or honey
- 1 tablespoon chia seeds
- fruit

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 9 grams
6. Protein: 17 grams
7. SaturatedFat: 4 grams
8. Sodium: 105 milligrams
9. Sugar: 20 grams

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