



SPIRULINA OVERNIGHT OATS

This spirulina overnight oats recipe is packed with fiber, plant-based protein, and antioxidants, making it a great option for overall well-being.

 5 minutes 5 minutes 4 portions

INGREDIENTS

- 1 cup of oats [156 g]
- 3/4 cups of silk, soymilk [153 g] **or** 3/4 cups of Oatly Original Oatmilk [305 g] **or** 3/4 cups of beverages, almond milk, unsweetened, shelf stable [164 g]
- 1/4 tablespoon of seaweed, spirulina, dried [2 g]
- 7 grams of seed, chia, dried **or** 1/4 tsp, whole of seeds, flaxseed [1 g]
- 1 tbsp of honey [21 g] **or** 1 tbsp of agave, raw
- 1/2 tsp of vanilla extract, imitation, alcohol [2 g]
- 1/4 tsp of spices, cinnamon, ground [1 g]
- 1/4 cup of raspberries, raw [31 g] **or** 1/4 cup of blueberries, raw [37 g]

COOKING METHOD

- 1° In a jar or bowl, combine oats, spirulina, almond milk, chia seeds, sweetener, vanilla, and cinnamon. Stir well to evenly distribute the spirulina.
- 2° Cover and refrigerate overnight (or for at least 6 hours) so the oats soften and absorb the liquid.
- 3° Stir in fresh berries and sprinkle with shredded coconut before serving. Enjoy chilled!

NUTRITIONAL INFORMATION

	PER 100 g	PER 2 PORTIONS (211 g)	% DRI
ENERGY	185 kcal	390 kcal	19 %
FAT	4 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	36 mg	75 mg	3 %
CARBOHYDRATE	31 g	66 g	22 %
SUGARS	5 g	11 g	—
FIBER	5 g	10 g	41 %
PROTEIN	7 g	16 g	—