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VEGAN OVERNIGHT OATMEAL

It's one of the easiest, no-cook meal options that will leave you with healthy grab-and-go meal to enjoy throughout the week.

5 minutes
8 hours
1 portion

INGREDIENTS

- 40 grams of rolled oat bran
- 180 grams of almond milk, no sugars, rosted ALPRO
- 7.5 grams of chia seeds (1 tbsp)
- 1 package of sweetener, herbal extract powder from Stevia leaf (1 g) (OPTIONAL)

COOKING METHOD

1º In a small jar, stir together the oats, milk, yogurt, chia seeds, and sweetener.
2º Place the jar in the fridge to let the oats soak for at least 2 hours, though overnight is best.
3º Add toppings and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (229 g)	% DRI
ENERGY	86 kcal	198 kcal	10 %
PROTEIN	3 g	7 g	15 %
CARBOHYDRATE	10 g	24 g	9 %
SUGARS	0 g	0 g	0 %
FAT	3 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	3 g	7 g	28 %
SODIUM	110 mg	252 mg	11 %