

Overnight Strawberry Chia Oatmeal

Prep Time 15 mins
 Total Time 8 hrs
 Meal Type Breakfast
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 1 1/3 cup rolled oats certified gluten free, if needed
- 1/2 cup chia seeds
- 1 banana, *mashed*
- 4 cup almond milk, unsweetened or milk of choice
- 1 Tbs vanilla extract
- 1 1/3 Tbs maple syrup
- 2 cup strawberries, fresh, *sliced*

Directions

Prep

1. Mash banana with a fork.
2. Slice strawberries.

Make

1. Place oats, chia seeds, mashed banana, milk, vanilla, and maple syrup in a mason jar with lid. Shake vigorously to combine. Let sit for 10 minutes, shake again then place in refrigerator overnight.
2. The next morning, take oats out of the refrigerator and stir well. Layer in a serving glass or a mason jar with sliced strawberries.
3. Top with additional milk and a drizzle of maple syrup if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	355	Total Fat 13.4g	20%	Total Carbohydrates 52g	17%
		Saturated Fat 1.4g	7%	Dietary Fiber 15g	60%
		Trans Fat 0.0g		Total Sugars 15g	
		Cholesterol 0mg	0%	Protein 10g	
		Sodium 196mg	8%		
Vitamin D 3mcg 26% · Calcium 695mg 69% · Iron 17mg 91% · Potassium 638mg 13%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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