



Cardamom And Orange Overnight Oats

Prep Time 15 mins
 Total Time 8 hrs
 Meal Type Breakfast
 Contributed By **LivingPlateRx**
 Source Living Plate
 Servings 2



Ingredients

lb,c g,ml

- 1/2 cup plain Greek yogurt
- 1 cup rolled oats gluten free, if needed
- 1 cup almond milk, unsweetened or milk of choice
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1 orange, *zested* (for 1 tablespoon orange zest)
- 1/4 tsp cardamom, ground
- 1/4 tsp cinnamon
- 1 Tbs pumpkin seeds for garnish
- 1 orange, *sliced* optional, for garnish

Directions

Prep

1. Zest orange for 1 tablespoon of zest.

Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, cardamom, and cinnamon. Add the top to the jar and shake.
2. Leave in the fridge overnight.
3. Top with pumpkin seeds and orange slices or other fruit.

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*
	Total Fat 11.4g		17%	Total Carbohydrates 58g
Saturated Fat 2.1g		10%	Dietary Fiber 14g	54%
Trans Fat 0.1g			Total Sugars 10g	
Cholesterol 6mg		1%	Protein 16g	
Sodium 122mg		5%		
Calories 385				
per serving				
Vitamin D 1mcg 13% · Calcium 494mg 49% · Iron 4mg 23% · Potassium 589mg 12%				

* 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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