

## Vegan Overnight Oats with Chia Seeds and Berries

🕒 10 min    🍽️ 1 serving

585 *Kcal / serving*

20g **Protein**   32g **Fat**   59g **Carbs**

### Ingredients

- **Vanilla extract**, 1/2 teaspoons (2 g)
- **Rolled oats**, 1/2 c (40.5 g)
- **Berries**, 1/4 cup (38.7 g)
- **Chia seeds**, 4 tbsp (48 g)
- **Almond Milk**, 1 cup (262 g)
- **Almonds**, 1/4 cup, sliced (23 g)



### Instructions

In a jar or container, combine the rolled oats, chia seeds, plant-based milk, maple syrup or agave nectar, and vanilla extract.

Stir well to ensure all ingredients are fully combined.

Cover the jar or container and refrigerate overnight or for at least 4 hours.

In the morning, give the oats a good stir. If the mixture is too thick, add a little more plant-based milk until desired consistency is reached.

Top the oats with mixed berries and sliced almonds.

Enjoy your vegan high protein overnight oats with chia seeds and berries!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	584.9	141.2	584.9
Protein [g]	19.8	4.8	19.8
Fat [g]	32	7.7	32
Carbs [g]	59.1	14.3	59.1
Fiber [g]	24.5	5.9	24.5



## Macronutrient breakdown per ingredient (per serving)

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
<b>Vanilla extract</b> 1/2 teaspoons (2 g)	5.8	-	-	0.3	-
<b>Rolled oats</b> 1/2 c (40.5 g)	153.6	5.3	2.6	27.4	4.1
<b>Berries</b> 1/4 cup (38.7 g)	19.8	0.2	0.2	4.7	1
<b>Chia seeds</b> 4 tbsp (48 g)	233.3	7.9	14.8	20.2	16.5
<b>Almond Milk</b> 1 cup (262 g)	39.3	1.5	2.9	1.5	-
<b>Almonds</b> 1/4 cup, sliced (23 g)	133.2	4.9	11.5	5	2.9

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Sugars [g]	4.9	1.2	4.9
Fiber [g]	24.5	5.9	24.5
Calcium, Ca [mg]	905.3	218.5	905.3
Iron, Fe [mg]	7.3	1.8	7.3
Magnesium, Mg [mg]	299.4	72.3	299.4
Phosphorus, P [mg]	720.2	173.8	720.2

Potassium, K [mg]	710.1	171.4	710.1
Sodium, Na [mg]	196.9	47.5	196.9
Zinc, Zn [mg]	4.6	1.1	4.6
Copper, Cu [mg]	0.9	0.2	0.9
Manganese, Mn [mg]	3.5	0.8	3.5
Selenium, Se [ug]	39.7	9.6	39.7
Vitamin A, IU [IU]	416.2	100.5	416.2
Retinol [ug]	112.7	27.2	112.7
Vitamin A, RAE [ug]	113.4	27.4	113.4
Vitamin E [mg]	13.9	3.4	13.9
Vitamin D [ug]	2.6	0.6	2.6
Vitamin C [mg]	1.7	0.4	1.7
Thiamin [mg]	0.7	0.2	0.7
Riboflavin [mg]	0.5	0.1	0.5
Niacin [mg]	5.9	1.4	5.9
Pantothenic acid [mg]	0.7	0.2	0.7
Vitamin B6 [mg]	0.1	0	0.1
Folate, total [ug]	51.9	12.5	51.9
Vitamin B12 [ug]	0	0	0
Choline, total [mg]	30.3	7.3	30.3
Vitamin K [ug]	7.2	1.7	7.2
Folic acid [ug]	0	0	0
Folate, food [ug]	51.9	12.5	51.9
Folate, DFE [ug]	28.4	6.9	28.4
Vitamin E, added [mg]	7.4	1.8	7.4
Vitamin B12, added [ug]	0	0	0
Cholesterol [mg]	0	0	0
Fatty acids, total trans [g]	0.1	0	0.1
Sat Fat [g]	2.9	0.7	2.9
Fatty acids, total monounsaturated [g]	11.1	2.7	11.1
Fatty acids, total polyunsaturated [g]	15.9	3.8	15.9
Net Carbs [g]	34.6	8.4	34.6

## Micronutrient breakdown per ingredient (per serving)

	VANILLA EXTRACT	ROLLED OATS	BERRIES	CHIA SEEDS	ALMOND MILK	ALMONDS
Sugars [g]	0.3	0.4	3.3	-	-	1
Fiber [g]	-	4.1	1	16.5	-	2.9
Calcium, Ca [mg]	0.2	21.1	3.1	302.9	516.1	61.9
Iron, Fe [mg]	-	1.7	0.1	3.7	0.9	0.9
Magnesium, Mg [mg]	0.2	55.9	1.9	160.8	18.3	62.1
Phosphorus, P [mg]	0.1	166.2	4.3	412.8	26.2	110.6
Potassium, K [mg]	3	146.8	20.9	195.4	175.5	168.6
Sodium, Na [mg]	0.2	2.4	0.4	7.7	186	0.2
Zinc, Zn [mg]	-	1.5	-	2.2	0.2	0.7
Copper, Cu [mg]	-	0.2	-	0.4	0.1	0.2
Manganese, Mn [mg]	-	1.5	0.1	1.3	0.1	0.5
Selenium, Se [ug]	-	11.7	-	26.5	0.5	0.9
Vitamin A, IU [IU]	-	-	17.8	25.9	372	0.5
Retinol [ug]	-	-	-	-	112.7	-
Vitamin A, RAE [ug]	-	-	0.8	-	112.7	-
Vitamin E [mg]	-	0.2	0.2	0.2	7.4	5.9
Vitamin D [ug]	-	-	-	-	2.6	-
Vitamin C [mg]	-	-	1	0.8	-	-
Thiamin [mg]	-	0.2	-	0.3	0.2	-
Riboflavin [mg]	-	0.1	-	0.1	0.1	0.3
Niacin [mg]	-	0.5	0.2	4.2	0.2	0.8
Pantothenic acid [mg]	-	0.5	-	-	0.1	0.1
Vitamin B6 [mg]	-	-	-	-	-	-
Folate, total [ug]	-	13	2.7	23.5	2.6	10.1
Vitamin B12 [ug]	-	-	-	-	-	-

Choline, total [mg]	-	16.4	2	-	-	12
Vitamin K [ug]	-	0.8	6.4	-	-	-
Folic acid [ug]	-	-	-	-	-	-
Folate, food [ug]	-	13	2.7	23.5	2.6	10.1
Folate, DFE [ug]	-	13	2.7	-	2.6	10.1
Vitamin E, added [mg]	-	-	-	-	7.4	-
Vitamin B12, added [ug]	-	-	-	-	-	-
Cholesterol [mg]	-	-	-	-	-	-
Fatty acids, total trans [g]	-	-	-	0.1	-	-
Sat Fat [g]	-	0.4	-	1.6	-	0.9
Fatty acids, total monoun... [g]	-	0.8	-	1.1	1.9	7.3
Fatty acids, total polyun... [g]	-	0.9	0.1	11.4	0.6	2.8
Net Carbs [g]	0.3	23.3	3.7	3.7	1.5	2.1