Breakfast, Indian

Overnight Strawberry Oat Pudding

Quick cooking oats soak in unsweetened almond milk with chopped strawberries overnight, turning soft and creamy into a chilled, fruity pudding. It takes just 10 minutes to put together the night before.

10 min	107	16.9 g	2.6 g
time	calories	carbs	sugars



Vegan | Dairy free

Ingredients, 2 servings

- [ ] 1/2 cup quick cooking oats
- [ ] 1 cup unsweetened almond milk
- [ ] 1/2 cup chopped strawberries

Method

- [ ] **1** Tip 1/2 cup quick cooking oats into a deep bowl and add 1/2 cup chopped strawberries and 1 cup unsweetened almond milk.
- [ ] **2** Stir everything together until the mixture is evenly combined.
- [ ] **3** Cover the bowl with a lid and place it in the refrigerator overnight.
- [ ] **4** Serve the pudding chilled the next morning.

Nutrition Facts

Per serving

Calories	**107**
Total fat	2.8 g
Saturated fat	Not listed
Sodium	36 mg
Total carbs	16.9 g
Fiber	3.5 g
Total sugars	2.6 g
Protein	4 g

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