

Gingerbread Overnight Oats with Pecans and Chia

YIELD: 4 SERVINGS

Gluten-free

Dairy-free



INGREDIENTS

3 ½ cup water

1 cup rolled oats, gluten-free

¼ cup Chia seeds

2 Tbsp cinnamon, ground

2 Tbsp fresh ginger, shredded

½ tsp allspice, ground

¼ tsp nutmeg, ground

¼ tsp cardamom, ground

Pinch Salt, Kosher

⅛ cup maple syrup

2 cup pecans, roughly chopped

3 Tbsp crystalized ginger, roughly chopped

DIRECTIONS

1. Place water, oats, chia seeds, spices, salt and maple syrup in a container. Seal tightly and place in the refrigerator overnight.
2. Garnish with pecans and crystalized ginger.



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NUTRITION FACTS

Serving size 1 (16.1oz)

Amount Per Serving **456g**

Calories **521**

% Daily Value

Total Fat 40.4g **62%**

Saturated Fat 5.8g **19%**

Cholesterol 0mg **0%**

Sodium 51mg **2%**

Total Carbohydrate 38g **13%**

Dietary Fiber 13g **52%**

Sugars 8g

Protein 10g **20%**

Vitamin A **1%**

Vitamin C **2%**

Calcium **20%**

Iron **23%**