

Savory Curry Overnight Oats

Makes 1 cup of oatmeal

Prep Time: 5 minutes

Ingredients:

½ c non-dairy plain yogurt

2 t curry powder

1 t curry paste

¼ t salt

1 T ground flaxseeds

½ c gluten-free oats

1-2 T non-dairy milk

Directions:

1. Whisk together yogurt, curry powder and paste, and salt until smooth.
2. Stir in oats and flax, adding milk for desired consistency. Allow to thicken for 6-8 hours. Garnish as desired.



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Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 373	
% Daily Value *	
Total Fat 13 g	21 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 606 mg	25 %
Potassium 77 mg	2 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 10 g	40 %
Sugars 12 g	
Protein 13 g	25 %
Vitamin A	0 %
Vitamin C	85 %
Calcium	12 %
Iron	21 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	