

Cranberry and plum overnight oats (vegan)



 10 min.  262 kcal  SteviaSweet Liquid

Preparation

Wash and halve the plums. Remove the stones. Place the plums, cranberries, nuts and non-dairy milk in a mixing bowl and blend until smooth. Put the mixture in a larger bowl and add the remaining ingredients. Allow for mixture to set for several hours or overnight in the refrigerator.

Decorate the overnight oats as desired with cranberries, nuts and plums.

Ingredients for 2 servings

1	plum
60 g	cranberries
35 g	cashew nuts
200 ml	non-dairy milk
60 g	oats
1 tsp	SteviaSweet Liquid
1/4 tsp	ground cardamom

Serving with

	fresh plums
	cranberries
	cashew nuts

Nutritional information per portion

262	kcal
1102	kJ
14	g Protein
28.5	g Carbohydrates
12.5	g Fat