

# 隔夜燕麥搭罐頭水果

**隔夜燕麥：**由於富含高纖維和高蛋白質，對身體有很多的健康好處。在上面加入罐頭水果，可以增加維他命C的攝入，有助膠原蛋白再生，減少氧化壓力等。

## 隔夜燕麥搭水果罐頭

份量: 3

準備時長: 10 分鐘 / 總時長: 2~8 小時

食材:

- 1個 16 安士玻璃密封罐
- 75毫升 快熟燕麥 (傳統口味)
- 1湯匙 奇亞籽
- 3茶匙 蜜糖
- 100毫升 牛奶
- 1湯匙 酸奶
- 少許 鹽
- 花生醬及碎果仁 (放在燕麥上面)
- 水果罐頭如杏子罐頭或綜合水果罐頭 (放在燕麥上面)

烹飪步驟:

1. 倒75毫升的快熟燕麥到16安士的玻璃密封罐中
2. 在罐內加入一湯匙的奇亞籽
3. 根據自己的喜好加入100毫升的牛奶
4. 加入一湯匙的酸奶
5. 加入三茶匙的蜂蜜增加甜味道
6. 加入一小撮鹽豐富口感
7. 將食材充分拌勻
8. 如果你趕時間可以冷藏兩小時，或者隔夜冷藏八小時，直到燕麥及奇亞籽充分吸收混合的液體
9. 最後在隔夜燕麥上加入罐頭水果或花生醬及碎果仁就可食用



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# Overnight Oats with Canned Fruits

**Overnight oats** have a range of health advantages due to their **high fiber** and **protein** content. Adding canned fruits with your toppings has the advantage of preserving **Vitamin C**, which is good for **collagen**, **reducing oxidative stress**, and more.

## Overnight Oats with Canned Fruits Recipe

**Serving: 3**

**Prep Time: 10 mins | Total Time: ~8 hours**

### Ingredients:

- 1 16 oz. Mason Jars
- 75 ml Quaker Oats (Old-fashioned)
- 1 tbsp Chia seeds
- 3 tsp Honey
- 100 ml Milk
- 1 tbsp Yogurt
- Salt
- Peanut Butter and Crushed Nuts (*Toppings*)
- Canned fruits such as Apricots or Fruit Mix (*Toppings*)

### Instructions:

1. Pour 75 mL of the Quaker oats into your 16 oz mason jar.
2. Add 1 tbsp of chia seeds into your mason jar.
3. Add 100 mL of your milk of choice.
4. Add 1 tbsp of yogurt.
5. Add about 3 tsp of honey for sweetness.
6. Add a pinch of salt to enhance the flavor.
7. Mix.
8. Refrigerate up to 2 hours, if you're in a rush, or 8 hours overnight, until the oats and chia absorbs the mix.
9. Now, add your canned fruits or peanut butter and crushed nuts to your overnight oats for toppings.



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