



Blueberry Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Nutrition

Amount per serving	
Calories	413
Fat	23g
Carbs	43g
Fiber	11g
Sugar	12g
Protein	14g
Cholesterol	0mg
Sodium	65mg
Vitamin A	209IU
Vitamin C	4mg
Calcium	335mg
Iron	4mg
Vitamin D	38IU

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.