



Blueberry Overnight Steel Cut Oats

3 servings

8 hours

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water (boiling)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 3/4 cup Blueberries

Directions

- 1 Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
- 2 Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
- 3 When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers, Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free, Use coconut milk or hemp milk instead of almond milk.

More Flavor, Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings, Top with coconut flakes, strawberries, raspberries or banana.

More Protein, Stir in your favorite protein powder when adding the milk.