SUPERFOOD BLUEBERRY OVERNIGHT OATS

Here's a perfect healthy meal prep breakfast when you're on the go!
Prep Time: 10 mins Total Time: 2 – 24hrs Yield: 1 Serving

Ingredients:



- 1/4 cup blueberries, frozen or fresh
- 1/4 cup rolled oats
- 1 T chia seeds
- 2 tsp ground flaxseed
- 1/2 tsp ground cinnamon
- 1/2 cup unsweetened vanilla almond milk or coconut milk
- maple syrup for drizzling on top, if desired (or your favorite sweetener)

Directions:

1. Place 1/4 cup frozen blueberries at the bottom of the cup
2. Add 1/4 cup rolled oats to each
3. Next, add 1 T chia seeds into each cup followed by 2 tsp ground flaxseed and 1/2 tsp ground cinnamon
4. Fill cup with 1/2 cup almond milk or coconut milk
5. Drizzle with a touch of maple syrup on top (if desired)
6. Stir gently, then place in the fridge for 2 hours or up to 24 hours
7. Remove from fridge, then add more blueberries on top

NUTRITION PER SERVING:

Per 1 serving: Calories 220 Total Fat 7g Sat Fat 1g Chol 0mg Carbs 32g Fiber 9g Sugar 8g Protein 6g Sodium 98mg

Reference: www.cottercrunch.com

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