

Overnight Oats with Almond Milk, Chia Seeds & Blueberries

Prep Time: 5 minutes | **Chill Time:** 6+ hours | **Servings:** 1

Ingredients:

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- ½ cup blueberries (fresh or frozen)
- 1 tsp honey or maple syrup (optional)

Steps:

1. In a jar, mix oats, almond milk, chia seeds, and sweetener.
2. Stir well, cover, and refrigerate overnight (or at least 6 hours).
3. Top with blueberries before serving.

Nutrition (approx):

- Calories: 290
- Protein: 9g
- Carbs: 47g
- Fat: 8g
- Fiber: 10g

Tips:

- Make 3–4 jars at once for meal prep.
- Add almond butter for extra protein.