

Blueberry-Flax Overnight Oats

Prep Time: 5 minutes

Chill Time: 6–8 hours

Servings: 1–2

Ingredients

- ½ cup rolled oats
- 1 tablespoon **flaxseed meal**
- ¾ cup unsweetened almond milk (or milk of choice)
- ½ cup fresh or frozen blueberries
- 1 tablespoon Greek yogurt (optional for creaminess)
- 1 teaspoon honey or maple syrup (optional)
- ¼ teaspoon vanilla extract
- Pinch of cinnamon
- Pinch of salt

Instructions

1. In a mason jar or bowl, combine oats, flaxseed meal, cinnamon, and salt.
2. Add milk, yogurt, vanilla, and honey. Stir well so everything is evenly mixed.
3. Fold in the blueberries gently.
4. Cover and refrigerate overnight (or at least 6 hours) so the oats and flax absorb the liquid.
5. In the morning, give it a quick stir. Add a splash of milk if you prefer a looser texture.
6. Top with extra blueberries, sliced almonds, or chia seeds before serving.

Nutrition (Per Serving)

- **Calories:** ~260
- **Protein:** 9 g
- **Fiber:** 7 g
- **Fat:** 8 g
- **Carbohydrates:** 37 g
- **Omega-3s:** ~1.6 g
- **Calcium:** 15% DV
- **Iron:** 10% DV

Health Benefits

- **Flaxseed meal** adds omega-3 fatty acids, lignans, and fiber that support heart health and digestion.
- **Blueberries** provide antioxidants that protect cells and promote brain function.
- **Oats** stabilize blood sugar and keep you full longer.
- **Greek yogurt** offers probiotics and protein for gut and muscle health.

Pro Tips

- Use frozen blueberries if fresh ones aren't available—they thaw overnight and naturally sweeten the mix.
- For a richer taste, replace almond milk with oat milk.
- Mix in a tablespoon of chia seeds if you like a thicker, pudding-like texture.
- Store in the fridge for up to 3 days—perfect for meal prep.