



Blueberry Overnight Oats

Ingredients:

- 3 C Unsweetened almond milk
- 3 C Old fashioned oats
- 1/4 C Brown sugar
- 2 TBSP Maple syrup, plus more for serving
- 2 TSP Vanilla extract
- 2 TSP Cinnamon
- 1/4 TSP Kosher salt
- 1 C Frozen blueberries
- 1/4 C Shredded coconut

Nutritional Information:

- **Servings: 6**
- Calories: 283 kcal
- Fat: 6 g
- Saturated Fat: 3 g
- Cholesterol: 0 mg
- Sodium: 143 mg
- Potassium: 189 mg
- Carbohydrates: 55 g
- Fiber: 11 g
- Sugar: 16 g
- Protein: 6 g

Instructions:

1. Combine ingredients in a large mixing bowl.
2. Once all ingredients are mixed well, distribute 6 oz of the oatmeal mixture into six 8 oz containers or jars.
3. Let containers sit over-night (at least 4-5 hours).
4. Enjoy your oats straight from the fridge or warm up in the microwave.

This delicious recipe adapted from:

[https://www.delish.com/cooking/recipe-ideas/recipes/a50916/blueberry-slow-cooker-oatmeal-
recipe/](https://www.delish.com/cooking/recipe-ideas/recipes/a50916/blueberry-slow-cooker-oatmeal-recipe/)