



Blueberry Lemon Overnight Oats

Ingredients:

1/2 cup dry rolled oats
2 teaspoons chia seeds
1/2 cup water
1/2 cup blueberries (frozen or fresh)
1 Tablespoon fresh lemon juice
14 raw almonds
1/4 teaspoon cinnamon
Pinch pure vanilla extract
1 to 3 teaspoons 100% pure maple syrup

Suggested Toppings:

1 Tsp unsweetened almond butter

Instructions:

1. Mix the oats, chia seeds and water together in a jar (or in a bowl)
2. Add the cinnamon, vanilla, blueberries, fresh lemon juice and raw almonds
3. Add pure maple syrup to taste (optional)
4. Cover the jar with a lid (or cover bowl)
5. Leave to soak in the fridge overnight
6. Serve in a bowl in the morning, or simply eat straight out of the jar with a spoon
7. Top with a teaspoon of unsweetened almond butter (optional)

Nutritional Information:

- Servings: 2
 - Servings size: about ¾ cup
 - Calories: 174 kcal
 - Fat: 6.7 g
 - Saturated Fat: 0.7 g
 - Unsaturated Fat: 5.7 g
 - Cholesterol: 0 mg
 - Sodium: 0.7 mg
 - Carbohydrates: 24.9 g
 - Fiber: 5.6 g
 - Sugar: 6.7 g
 - Protein: 5.3 g
- *does not include topping