

# BLUEBERRIES AND CREAM OVERNIGHT OATMEAL



## INGREDIENTS

- 1/3 cup rolled oats
- 1/2 cup coconut milk (or milk of your choice)
- 1/3 cup of plain or Greek yogurt
- 1/4 cup blueberries (frozen or fresh)
- 1/4 tsp vanilla extract
- 1 tbsp honey (or sweetener of your choice)

## INSTRUCTIONS

1. Stir all ingredients in a bowl.
2. Cover and place in refrigerator overnight.
3. Heat in microwave when ready to eat or enjoy chilled.
4. Will not work with steel cut oats.
5. Enjoy!



# NUTRITION FACTS



Serving Size: 1

Number of Servings: 2

|                     |        |
|---------------------|--------|
| Calories            | 263    |
| Total fat           | 15.8 g |
| Saturated fat       | 13.2 g |
| Cholesterol         | 2 mg   |
| Sodium              | 39 mg  |
| Total carbohydrates | 26.8 g |
| Dietary fiber       | 3.2 g  |
| Sugar               | 15.5 g |
| Protein             | 5.7 g  |
| Vitamin D           | 0 mcg  |
| Calcium             | 92 mg  |
| Iron                | 2 mg   |
| Potassium           | 323 mg |

