

Nutty Maple Blueberry Overnight Oats



PREP TIME (+OVERNIGHT)

5 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

293 kcal

INGREDIENTS

- ¼ c oats
- ½ scoop vanilla protein powder
- 1 pinch salt
- ½ c blueberries fresh or frozen
- ½ c unsweetened soy milk
- 2 Tbsp vegan greek yogurt
- 1 Tbsp walnuts or pecans chopped

INSTRUCTIONS

1. In a small mason jar, mix oats, protein powder, and salt. Mix together.
2. Add the blueberries, soy milk and maple syrup. Mix well.
3. Cover and put in the fridge overnight.
4. In the morning, top with yogurt and nuts.

NUTRITION

Nutrition Facts

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Amount Per Serving

Calories 293 Calories from Fat 91

% Daily Value*	
Fat 10.1g	16%
Carbohydrates 33.5g	11%
Protein 17.8g	36%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!