

# Nutty Maple Blueberry Overnight Oats



PREP TIME (+OVERNIGHT)

5 mins



COURSE

Breakfast, Gluten Free



SERVINGS

1 serving

CALORIES

293 kcal

## INGREDIENTS

- $\frac{1}{4}$  c oats
- $\frac{1}{2}$  scoop vanilla protein powder
- 1 pinch salt
- $\frac{1}{2}$  c blueberries fresh or frozen
- $\frac{1}{2}$  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

Nutty Maple Blueberry Overnight Oats

### Amount Per Serving

<b>Calories</b>	293	Calories from Fat	91
<b>% Daily Value*</b>			
<b>Fat</b>	10.1g		16%
<b>Carbohydrates</b>	33.5g		11%
<b>Protein</b>	17.8g		36%

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



Tried this recipe?

Let us know how it was!