

THINGS TO KEEP IN MIND

Overnight oats are a great way to get the benefits of this fiber full whole grain all year long and it couldn't be any easier to make! In addition to blueberries and walnuts, you can also use peaches and pecans!

INGREDIENTS:

- ½ cup of old fashioned rolled oats
- ½ cup of unsweetened almond milk or your favorite milk
- 1 tbsp of chia seeds (optional)
- cinnamon to taste
- 1 oz of walnuts
- ½ cup of blueberries



Overnight oats

Directions

1. Mix rolled oats, almond milk, chia seeds, and cinnamon in a bowl or container with a lid.
2. Refrigerate for at least 3 hours or, for best results, overnight.
3. Top with blueberries and walnuts or any combination of your favorite fruits and nuts, and enjoy!