

Blueberry Overnight Oats (Copy)

Thick, creamy oatmeal that tastes like dessert for breakfast! Made with just a few healthy, everyday ingredients. It's one of the easiest meals you'll ever make!

🕒 Preparation 5 minutes • ⌚ Total 5 minutes • 1 portion

Ingredients

| | |
|----------------------------|--|
| or | or |
| 3/4 cup of Quick Oats, Dry | 1 cup of water |
| or | or |
| 1 tbsp chia seeds, dried | 1 Cup of Almond Milk, Unsweetened |
| or | or |
| 1 tsp maple syrup | 1/2 cup, frozen or fresh blueberries |
| | or |
| | 1 Scoop of vivo Perform or vega clean protein, vanilla |

Cooking method

- 1
Add all ingredients to mason jar or bowl except the blueberries. May add cinnamon powder to spice. Stir until thoroughly mixed.
- 2
Put mix in to the fridge overnight. May reheat in the morning or eat cold. May add extra milk or water if texture is too thick.
- 3
In the morning, sprinkle on the fresh or frozen blueberries.
- 4
Prepare at least 48 hours ahead. If prepping for a week, make all 7 jars for the best outcome.