



Blueberry Muffin Overnight Oats



Entire recipe: 238 calories, 4.5g total fat (0.5g sat. fat), 247mg sodium, 45.5g carbs, 6g fiber, 14.5g sugars, 6.5g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk
2 tsp. brown sugar (not packed)
1 packet no-calorie sweetener (like Truvia)
1/8 tsp. vanilla extract
2 drops almond extract
Dash cinnamon
Dash salt
1/2 cup blueberries (fresh or thawed from frozen)

Directions

In a medium jar, combine all ingredients *except* blueberries. Mix thoroughly.

Stir in blueberries.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

MAKES 1 SERVING

HG FYI: If starting with frozen blueberries, make sure no sugar has been added.

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