Overnight Blueberry Almond Oats

Description

First, let's talk about the Overnight Blueberry Almond Oats. I love making overnight oats because they are easy to throw together before bedtime and when you wake up, breakfast is ready to go! I like to make my overnight oats in a jar so there is only one dish to wash in the morning. I mix oats, almond milk, Chobani plain Greek yogurt, cinnamon, and blueberries together. I put the jar in the fridge and go to bed!

In the morning, I take the jar out of the fridge and top the oats off with almonds, extra blueberries, and cinnamon. I dig right in, there is no need to cook the oats. You may think cold oats sound odd, but I promise they are tasty, especially during the hot summer months. The oats are creamy and bursting with blueberry flavor. And I love the crunch the almonds add.

I eat oatmeal for breakfast almost every morning. I never get sick of it. During the summer months, when it is hot, I like to switch things up and eat overnight oats. Overnight oats are eaten chilled, straight from the fridge. I love overnight oats because you can mix them together the night before and when you wake up in the morning, breakfast is ready!
I am currently loving Overnight Blueberry Almond Oats. The oats are creamy and loaded with plump blueberries and crunchy almonds. I make the oats in a jar so I can eat the oats on the go! There is no

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excuse for not eating a healthy breakfast. Start your day with Overnight Blueberry Almond Oats!



Summary

Yield: 1
Prep Time: 5 minutes

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Category: Breakfast
Cuisine: American
Tags: Alan Football

Ingredients

- 1/3 cup old fashioned oats
- 1/3 cup almond milk
- 1/3 cup plain chiobani greek yogurt
- 1/4 cup fresh blueberries
- 1 dash cinnamon
- 2 tbsp sliced almonds

Instructions

Stir oats, milk, yogurt, blueberries, and cinnamon together in a jar or bowl.

Cover and place in refrigerator overnight.

In the morning, remove from refrigerator and top with almonds, extra blueberries, and cinnamon.

Enjoy!

Note-if you want to sweeten up your oats, feel free to add a bit of brown sugar or honey!