

Overnight Oats

1 Serving

Ingredients:

½ cup old fashioned oats
½ cup unsweetened almond milk
¼ tsp vanilla extract
½ cup frozen blueberries
1 packet zero calorie sweetener (*Splenda, Equal, Truvia etc.*)
Dash of cinnamon



Directions:

1. In a medium bowl, combine all ingredients and seasonings. Mix well.
2. Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

Nutrition Facts

Servings: 1

Amount per serving

Calories **215**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.7g **3%**

Cholesterol 0mg **0%**

Sodium 91mg **4%**

Total Carbohydrate 38.6g **14%**

Dietary Fiber 6.3g **22%**

Total Sugars 8.3g

Protein 6.1g