

# Peach & Blueberry Overnight Oats.

4 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (quick or traditional rolled oats)  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
12 ozs Fat Free Vanilla Greek Yogurt  
2 cups Unsweetened Almond Milk  
2 tps Vanilla Extract  
2 tbsps Maple Syrup  
2 Peach (medium, diced)  
1/2 cup Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Fiber	6g
Fat	5g	Sugar	23g
Saturated	0g	Protein	12g
Trans	0g	Cholesterol	3mg
Carbs	43g	Sodium	112mg

## DIRECTIONS

- 01 In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
- 02 Add the yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
- 03 Divide between jars or containers and top with fresh peaches & blueberries. Refrigerate overnight, or for a few hours. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NON DAIRY

Use a plant based yogurt instead.

### NO FRESH FRUIT

Use frozen. Swap out peaches for mango.

### NO ALMOND MILK

Use another plant based milk or skim milk.