

Blueberry Cinnamon Overnight Oats

Swick

Serves 1 | Active Time: 10 minutes | Total Time:

Chef's Notes

Nutrition: Calories 552; Fat 16g; Carbs 74g; Fiber 14g; Sugar 16g; Protein 33g; Cholesterol 4mg; Sodium 285mg; Vitamin A 789IU; Vitamin C 9mg; Calcium 903mg; Iron 6mg

Step 1: Method

- 1 cup Rolled Oats (100 grams)
 - 2 cups Unsweetened Almond Milk (500 mL)
 - 1 1/3 tbsp Chia Seeds (13.5 grams)
 - 1/3 cup Protein Powder (43 grams)
 - 2/3 tsp Vanilla Extract (3 mL)
 - 1/2 cup Blueberries (95 grams)
 - 2/3 Banana
 - 1 1/3 Pumpkin Seeds (159 grams)
 - 1/3 tsp Cinnamon (8 grams)
 - 1 1/3 tbsp Strawberry Jam (20 mL)
1. Combine oats, almond milk, chia seeds, protein powder and vanilla into a container. Stir well.
 2. Seal the container and refrigerate overnight or for at least 4 hours.
 3. Eat chilled or warmed. Garnish with blueberries, jam, cinnamon, pumpkin seeds and banana slices.