

Dairy-Free Blueberry Banana Overnight Oats

Makes 1 serving

Ingredients:

- 1/2 cup sweetened almond milk
- 1/2 cup old-fashioned oats
- 1/2 Tbsp. chia seeds
- 1/2 banana, mashed
- 1 tsp. maple syrup
- Pinch of salt
- 1/2 cup fresh blueberries

Nutrition Facts:

- Calories: 370
- Fat: 6g
- Sodium: 174mg
- Total Carbohydrates: 69g
- Fiber: 13g
- Sugar: 22g
- Protein: 11g

Serving Size: 1 cup

Directions:

- Combine almond milk, oats, chia seeds, banana, maple syrup and salt in a pint-sized jar and stir.
- Top with blueberries.
- Cover and refrigerate overnight.

