

Blueberry Lemon Overnight Oats



Time & Servings

TOTAL TIME: 5 min

Servings: 1 (large portion, may split into 2)

Ingredients

- ½ cup oats
- 1 cup milk of your choice
- 1 tablespoon maple syrup
- Zest of ½ lemon
- 1/2 cup blueberries (fresh or frozen)
- 1 tablespoon ground flaxseed
- 1 tablespoon chia seeds

Directions

1. Combine all ingredients in a bowl or container. Mix until well combined, and cover.
2. Refrigerate oats for at least 5-6 hours, or until the oats have soaked up most of the liquid to make a thicker, creamier texture. It's easiest if you make this recipe the night before and let the magic happen while you sleep!