



# BLUEBERRY-ALMOND OVERNIGHT OATS

Preparation: **5** minutes | Cooking: **0** minutes | Servings: **1**

## INGREDIENTS

*1/2 medium banana, sliced*  
*1/2 cup almond milk*  
*1/3 cup oats*  
*1/3 cup blueberries*  
*2 tablespoons slivered almonds*  
*1/2 tablespoon maple syrup*  
*1 teaspoon vanilla extract*  
*Cinnamon to taste*



## INSTRUCTIONS

In an airtight container, mix oats, almond milk, chia seeds, maple syrup and vanilla extract. Seal the container, and place in the fridge overnight. In the morning, stir oats, and top with slivered almonds, sliced banana and blueberries. Sprinkle with cinnamon if desired. Enjoy!

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Recipe source: <https://www.tasteofhome/recipes>