

## Overnight Oats with Blueberries

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Makes 1 serving

### Ingredients

1/3 cup rolled oats  
1/3 cup plain low-fat yogurt  
1/3 cup low-fat milk  
1/3 cup blueberries

### Equipment Needed

Measuring cups  
Measuring spoons  
12 ounce jar with lid

### Optional Ingredients

½ teaspoon vanilla extract  
1 teaspoon Chia seeds  
Sweetener to taste

### Directions

1. Combine in a 12oz jar with a lid.
2. Let sit in the refrigerator overnight.
3. Grab and go!

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### Nutrition information per serving

Serving size 1 jar

Calories 220  
Total fat 4g  
Saturated fat 1.5g  
Cholesterol 10mg  
Sodium 95mg  
Carbohydrate 35g  
Fiber 4g  
Protein 11g

Credit: Joslin Diabetes Center