



# Blueberry Walnut Overnight Oats

Prep Time 15 mins  
 Total Time 8 hrs  
 Meal Type Breakfast,Snack  
 Contributed By **LivingPlateRx**  
 Source Living Plate Teaching Kitchen



Servings 2

## Ingredients

lb,c g,ml

- 1/2 cup Greek yogurt, plain
- 1 cup oats, rolled gluten free, if needed
- 1 cup almond milk, unsweetened or milk of choice
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1/2 tsp vanilla extract
- 1 lemon, *zested* (for 1 tablespoon lemon zest)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 Tbs walnuts, *crushed* for garnish
- 1 cup blueberries

## Directions

### Prep

1. Zest lemon for 1 tablespoon of zest.

### Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, vanilla, spices, and lemon zest. Add the top to the jar and shake.
2. Leave in the refrigerator overnight.
3. Top with walnuts and blueberries.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.  
 Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 13.3g		20%	<b>Total Carbohydrates</b> 57g
Saturated Fat 2.4g		12%	Dietary Fiber 12g	48%
Trans Fat 0.1g			Total Sugars 17g	
<b>Cholesterol</b> 6mg		1%	<b>Protein</b> 17g	
<b>Sodium</b> 122mg		5%		
<b>Calories</b> 402				

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

per serving

Vitamin D 1mcg 13% · Calcium 447mg 44% · Iron 4mg 22% · Potassium 519mg 11%

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