

# Blueberry, Peanut Butter Overnight Oats

FOOD FOR FATIGUE

5 Min. Prep | Makes 2 Servings

## Ingredients

- 1 cup rolled oats
- 1 cup oat milk
- 1 Tbsp. honey
- 1/2 Tbsp. chia seeds
- 1/2 tsp. cinnamon
- 1/4 cup granola
- 2. tsp. peanut butter
- 1/2 cup blueberries

## Directions

1. In an airtight container, combine oats, milk, honey, chia seeds, and cinnamon. Cover and refrigerate at least 4 hours or overnight.
2. Add to bowls and top with granola, peanut butter, and blueberries.

## Notes

Enjoy as a small meal like breakfast, snack or lunch. Perfect for make ahead meals.

Additional benefits:

- Helps lower cholesterol levels.

## Nutrition Info

419 calories, 13g protein, 12g total fat, 2g saturated fat, 83mg sodium, 68g carbs, 10g fiber, 7g added sugars

