

## Overnight Oats with Chia, Banana & Blueberries

(1 serving)

### Ingredients:

- Rolled oats – 40g
- Chia seeds – 10g
- Oikos Greek yogurt (plain, unsweetened) – 170g
- 7-11 unsweetened soy milk – 120ml
- Banana – 50g (about ½ medium)
- Blueberries (fresh or frozen) – 70g
- Cinnamon – ¼ tsp (optional)
- Vanilla extract – ¼ tsp (optional)



### Instructions:

1. In a jar or bowl, mix the oats, chia seeds, yogurt, soy milk, blueberries, banana, cinnamon, and salt.
2. Add sweetener if using.
3. Stir until well combined. Cover and refrigerate overnight (or at least 4 hours).
4. In the morning, stir again and top with fresh berries or fruit if desired.

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### Nutrition (approximate):

Nutrient	Amount
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<b>Calories</b>	360 kcal
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<b>Protein</b>	18g
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<b>Fat</b>	12g
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└ Sat. Fat	2g
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<b>Carbs</b>	43g
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└ Sugars	14g
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└ Fiber	9g
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<b>Sodium</b>	150mg
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## Overnight Oats with Chia, Banana, Blueberries & Almond Butter

(1 serving)

### Ingredients:

- Rolled oats – 40g
  - Chia seeds – 10g
  - Oikos Greek yogurt (plain, unsweetened) – 170g
  - 7-11 unsweetened soy milk – 120ml
  - Banana – 50g
  - Blueberries – 70g
  - Almond butter (natural, unsweetened) – 1 T (16g)
  - Cinnamon – ¼ tsp (optional)
  - Vanilla extract – ¼ tsp (optional)
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### Nutrition (approximate):

**Nutrient Amount**

**Calories** 430 kcal

**Protein** 20g

**Fat** 21g

↳ Sat. Fat 3g

**Carbs** 46g

↳ Sugars 15g

↳ Fiber 10g

**Sodium** 160mg



## Overnight Oats with Chia, Banana, Blueberries & Almond Butter (2 servings)

### Ingredients:

- Rolled oats – **80g**
- Chia seeds – **20g**
- Oikos Greek yogurt – **340g**
- 7-11 soy milk – **240ml**
- Banana – **100g**
- Blueberries – **140g**
- Almond butter – **2 T (32g)**
- Cinnamon – ½ **tsp** (optional)
- Vanilla extract – ½ **tsp** (optional)