

## Overnight Chia-Greek Yogurt Bowl (Blueberry-Walnut Style)

### Ingredients (for 1 serving):

- 170 g (1 cup) plain, unsweetened Oikos Greek yogurt
- 10 g chia seeds
- 70 g fresh or frozen blueberries
- 7 g chopped walnuts
- 50 ml (1:5 ration) soy milk (40 ml for thicker texture)
- 12g honey or maple syrup



### Instructions:

#### 1) In the evening:

Combine **10 g chia seeds** with **50 ml unsweetened soy milk** in a small bowl or jar. Stir well to prevent clumping.

#### 2) Let it **soak in the fridge for at least 2–3 hours**, or ideally **overnight**.

Stir once after 10–15 minutes to break up any clusters.

#### 3) In the morning, the mixture should be **soft, spoonable, and slightly thickened** — not too stiff but gelled.

#### 4) Mix it into your **Oikos Greek yogurt (170g)** along with **blueberries and honey**. Adjust sweetness or texture with a splash more soy milk if needed.



### Notes

- **Texture tip:** For a thicker blend (like pudding), use 40 ml soy milk. For a looser blend, stick with 50 ml.
- **Flavor boost:** A few drops of vanilla extract or a sprinkle of cinnamon into the soak adds interest.
- **Nutritional add-on:** The soy milk adds a little extra protein, fiber, and calcium.

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- Sliced banana or apple instead of blueberries
  - Pumpkin seeds or almonds instead of walnuts
  - Dash of cinnamon or vanilla extract for a little flavor lift

### Estimated Nutrition (Per Serving)

Nutrient	Amount
Calories	297 kcal
Protein	23.1g
Total Fat	9.5g
– Saturated Fat	1.0g
Carbs	32.7g
– Sugars	21.9g
– Fiber	5.6g
Sodium	83mg
Omega-3 (ALA)	2.6 g