

Blueberry Cobbler Overnight Oats

Yield: 4 servings

Ingredients

3 cups unsweetened soy/nut/
rice milk
2 cups rolled oats
1 teaspoon ground cinnamon
2 cups blueberries
½ cup cashews
4 teaspoons maple syrup

Instructions

1. In a medium sized bowl, combine the milk, oats and cinnamon.
2. Cover the oats and put the bowl in the refrigerator overnight.
3. In the morning, mix in the blueberries, cashews and maple syrup.

Nutrition Information

Serving Size: ¼ recipe

Calories: 338
Total Fat: 13.8 g
Saturated Fat: 2.1 g
Monounsaturated Fat: 5.7 g
Sodium: 124.3 mg
Total Carbohydrate: 48.8 g
Dietary Fiber: 7.3 g
Sugars: 13.1 g
Protein: 8.9 g

Source: Lighter.



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