

Blueberry Overnight Oats

Servings: 1 bowl

RECIPE BOX

INGREDIENTS

1/2 CUP OATS
3/4 CUP MILK
2 TBSP HONEY
1/4 CUP BLUEBERRIES
2 TBSP COCONUT SHREDS



DIRECTIONS

STEP 1: Place ingredients in coffee mug or dish starting with oats.

STEP 2: Refrigerate overnight, serve cold or warm.

GF This recipe is gluten free as written.

V This recipe is vegan as written.

Nutrition per Serving: Calories 426, Fat 10g, Carbs 8g, Fiber 6g, Sugars 48g, Protein 12g