

# Blueberry Lemon Overnight Oats

Yield: 4 min  
Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/blueberry-overnight-oats-healthy-recipes>

## Ingredients:

- 1/2 cup old-fashioned rolled oats
- 1 teaspoon chia seeds
- 1 tablespoon vanilla protein powder I used Nuzest protein powder
- 1/2 teaspoon lemon zest
- 1/4 cup plain Greek yogurt full fat, or vegan yogurt
- 3/4 cup non dairy milk I used almond milk
- 1 pinch salt
- 1/2 teaspoon maple syrup
- 1/4 cup blueberries plus more for topping
- granola
- blueberries
- nut butter

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 140 milligrams
9. Sugar: 8 grams

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