

Healthy Blackberry Pie Overnight Dessert Oats

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-holiday-dessert-recipe>

Ingredients:

- 1 cup blackberries Fresh, chopped
- 1 tablespoon almond butter Roasted
- 2 packets natural sweetener to taste
- 1 pinch salt
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup old-fashioned rolled oats

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 14 grams
3. Fat: 10 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 7 grams
7. Sodium: 80 milligrams
8. Sugar: 3 grams

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