

Helergon Kitchen

Blueberry Chia Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup unsweetened almond milk (or milk of choice)
- [ ] 1/2 cup fresh blueberries
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp maple syrup (adjust to taste)

Optional Toppings

- [ ] A handful of sliced almonds
- [ ] A dollop of Greek yogurt
- [ ] Extra fresh berries

Instructions

1. In a medium bowl, combine rolled oats, chia seeds, and almond milk; stir until evenly moistened.
2. Add vanilla extract, lemon zest, and maple syrup; give the mixture a gentle stir.
3. Fold in fresh blueberries, distributing them throughout the oat base.
4. Cover the bowl (or transfer to jars), refrigerate for at least 4 hours or overnight.
5. In the morning, stir again, add optional toppings, and enjoy straight from the fridge.

Nutrition per serving

350 kcal	10 g	45 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick after chilling, add a splash of milk to loosen it.
- For added protein, stir in a scoop of vanilla protein powder before refrigerating.
- A pinch of sea salt can enhance the natural sweetness of the berries.