Blueberry Pie Overnight Oats

This breakfast is so quick and easy and tastes absolutely delicious! It is packed with a lot of great nutrients! Chia Seeds are high in Omega 3-s, antioxidants, and fiber. The other star of this recipe is blueberries, which are a great source of dietary fiber, and vitamin C and may help reduce the risk of heart disease. All these benefits, and its basically like eating dessert!

Recipe:

Serving Size- 1

1/3 Cup Old fashioned oats

1/3 Cup Unsweetened Vanilla Almond Milk (or any other nut milk, Hemp is one of my favorites too)

1 Tablespoon Chia Seeds

1 Teaspoon Maple Syrup (add a little extra if you want it sweeter!)

1 Tablespoon Shredded Coconut

1 Large handful of Blueberries

1 Teaspoon of Pumpkin Pie Spice ( if you do not have this you can add a dash of each ground ginger, cinnamon and nutmeg.)

Mix all the ingredients overnight in a jar or bowl with some sort of covering and let soak overnight.

In the morning you can eat it cold or heat it up in the microwave it tastes amazing either way. I usually top mine off with extra blueberries and a nut butter drizzle! Cashew Butter is my favorite on the recipe!

