

Treasure Barrel

Blueberry Chia Overnight Oats

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1 ½ cups rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup fresh blueberries (plus extra for topping)
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp maple syrup
- [ ] ½ tsp vanilla extract
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Sliced almonds
- [ ] A dollop of Greek yogurt
- [ ] A drizzle of extra maple syrup

Instructions

1. In a medium bowl or jar, combine the rolled oats and chia seeds; give them a quick stir.
2. In a separate cup, whisk together the milk, maple syrup, vanilla extract, and a pinch of sea salt until smooth.
3. Pour the liquid mixture over the dry oats and chia, then fold in the fresh blueberries gently so they stay whole.
4. Cover the container and refrigerate overnight (or at least 4-hours) to let the oats soften and the chia thicken.
5. In the morning, give the oats a quick stir, top with extra blueberries, almonds or a splash of yogurt, and enjoy straight from the jar.

Nutrition per serving

320 kcal	10 g	48 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick in the morning, stir in a splash of extra milk.
- For a richer flavor, toast the almonds before adding them as a topping.
- You can double the recipe and keep jars ready for the whole workweek.