

BLUEBERRY OVERNIGHT OATMEAL

INGREDIENTS

1/4 cup quick cooking rolled oats
1/4 cup vanilla yogurt
1 tablespoon chia seeds
1 tablespoon maple syrup
1/2 cup milk
1/4 cup of frozen blueberry

PREPARATION

1. In a small mason jar, mix all the ingredients together and add the blueberries on top. Close with the lid.
2. Keep in refrigerator for 1 hour or overnight.
3. Eat directly from the small jar (easy to take with you on appointments!).

Inspired by: www.troisfoisparjour.com

apainintheback.org

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