



## Blueberry Muffin Overnight Oats



Entire recipe: 238 calories, 4.5g total fat (0.5g sat fat), 247mg sodium, 45.5g carbs, 6g fiber, 14.5g sugars, 6.5g protein

**SmartPoints®** value 5\*

**Prep:** 5 minutes

**Chill:** 6 hours

Tagged: [Breakfast Recipes](#), [Single Serving](#)



### Ingredients

- 1/2 cup old-fashioned oats
- 1/2 cup unsweetened vanilla almond milk
- 2 tsp. brown sugar (not packed)
- 1 no-calorie sweetener packet (like Truvia)
- 1/8 tsp. vanilla extract
- 2 drops almond extract
- Dash cinnamon
- Dash salt
- 1/2 cup fresh or thawed-from-frozen blueberries (if frozen, no sugar added; drained and blotted dry)

### Directions

In a medium jar, combine all ingredients *except* blueberries. Mix thoroughly.

Stir in blueberries.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

MAKES 1 SERVING

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