



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 2*

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 packet no-calorie sweetener (like Truvia)
1/8 tsp. vanilla extract
2 drops almond extract
Dash cinnamon
Dash salt
1/2 cup blueberries (fresh or thawed from frozen)

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

HG FYI: If starting with frozen blueberries, make sure no sugar has been added.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.