RECIPE

Overnight oats with blueberries and walnuts

A make-ahead breakfast of rolled oats soaked in soy milk and yogurt with chia, sweetened only by banana and berries, with walnuts on top.

MAKES

4 servings US Metric

TOTAL

6 h 10 min

Ingredients

- [ ] 2 cups old-fashioned rolled oats
- [ ] 1 oz chia seeds
- [ ] 2 cups unsweetened soy milk
- [ ] 1 container plain nonfat Greek yogurt
- [ ] 1 large ripe banana, mashed
- [ ] 2 cups blueberries
- [ ] ½ cup chopped walnuts
- [ ] 2 tsp ground cinnamon
- [ ] 2 tsp vanilla extract
- [ ] 0 tsp salt

Method

1. Mash the banana in a big bowl until almost smooth. Whisk in the soy milk, yogurt, cinnamon, vanilla and salt.
2. Stir in the oats and chia seeds. Scrape the bottom of the bowl so no chia sits in a clump.
3. Divide among four 1½-cup jars or containers, about 1 cup each. Cover and refrigerate at least 6 hours. Overnight is better: the oats soften and the chia thickens the whole jar.
4. In the morning, stir once. Top each jar with ½ cup blueberries and 2 tablespoons of the chopped walnuts. Eat cold, or warm a jar in the microwave to 165 °F.

5 Keeps 4 days in the fridge, covered. Add the berries and nuts the morning you eat it, so the nuts stay crisp and the berries stay whole.