

Breakfast | Lunch | Dinner | Snack

Blueberry Overnight Oats

Side Effect: Altered Taste

10 Mins
Prep Time

0 Mins
Cook Time

1
Serving

424 Calories **17g Fat** **56g Carbs** **16g Protein**



Ingredients

1 Serving

10 Mins (plus overnight chill time) Total Time

Allergens: Nuts, Gluten

1/3 Cup Old-Fashioned Oats

1 Tbsp Chia Seeds

1 Tbsp Peanut Butter

1/4 Tsp Ground Cinnamon

1/2 Cup Unsweetened Vanilla Almond Milk, more if necessary

1/2 Cup Fresh or Frozen Blueberries, washed

Allergen Swap

Nuts Replace the peanut butter with sunflower seed butter. Replace the almond milk with a nut-free version, such as cow's milk or soy milk.

Gluten Oats are naturally gluten-free, but for those with celiac disease, look for certified gluten-free oats.

Nourishment Note



Oats

Oats are a great source of fiber to help protect the heart and keep the digestive system running smoothly.



Cold, Uncooked Foods

Cold foods that aren't cooked, such as overnight oats, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.



Blueberries

Blueberries contain anthocyanins that help to protect the heart and improve memory function.



Cinnamon

Cinnamon contains cinnamaldehyde, the component that gives cinnamon its flavor and odor, is also known to help lower inflammation associated with certain cancers.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

To a medium-sized bowl or container, add the oats, chia seeds, peanut butter, cinnamon and almond milk. Stir to combine.

3. Mix In Blueberries

Gently mix in the blueberries.

4. Refrigerate Overnight

Cover container with lid and refrigerate overnight. Enjoy in the morning! Mixture will be thick and creamy. For a thinner oatmeal, add more almond milk before eating.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cup



Measuring Spoon



Medium-Sized Bowl or Container with Lid



Spoon

Fatigue Buster

- Ask a friend or family to help make this recipe.
- Make a double or triple batch and enjoy on multiple days. Add blueberries on top right before eating to extend shelf-life. Oats will keep well in the refrigerator for up to 3 days.