

Dairy-Free Overnight Almond Butter Oats

Prep: 5 min
Cook: 0 min
Serves: 2

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup almond milk
- 2 tablespoons almond butter
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- Fresh blueberries, for garnish

Directions:

1. Fill 2 (8-ounce) jars, or small bowls with lids, each with $\frac{1}{2}$ cup oats, $\frac{1}{2}$ cup almond milk, 1 tablespoon almond butter, 1 tablespoon honey and $\frac{1}{2}$ teaspoon vanilla. Mix each portion to combine.
2. Cover and refrigerate overnight.
3. Top with fresh blueberries and a drizzle of honey for garnish.



Nutrition Information		
Serving size: 210g	2 servings	Calories: 340
Amount per Serving		% Daily Value
Total Fat	13g	17%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	130mg	6%
Total Carbohydrate	48g	17%
Dietary Fiber	6g	21%
Total Sugars	20g	
Added Sugars	18g	36%
Protein	9g	
Vitamin D	1mcg	6%
Calcium	335mg	25%
Iron	3mg	15%
Potassium	371mg	8%