

Zucchini Bread Recipes

Blueberry Chia Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp maple syrup
- [ ] 1 tsp vanilla extract

Fruit & Toppings

- [ ] 1 cup fresh blueberries
- [ ] Optional: extra berries, toasted almonds, or a drizzle of honey

Instructions

1. In a medium bowl, whisk together milk, maple syrup, and vanilla until smooth.



2. Stir in rolled oats and chia seeds, making sure they are evenly dispersed.



3. Gently fold in the fresh blueberries, leaving a few whole for texture.



4. Divide the mixture into two jars, seal, and refrigerate for at least 4 hours or overnight.



5 When ready to eat, give the jar a quick stir, add optional toppings, and enjoy.



Nutrition per serving

320 kcal	9 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick, add a splash more milk before serving.
- For added protein, stir in a scoop of high protein overnight oats mix.
- Feel free to swap blueberries for raspberries and link to dark chocolate raspberry overnight oats for a richer twist.