

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 with soap and water.

### 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 Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## 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.