



# Overnight Oats with Blueberries

Makes one Jar Prep time: 5 minutes Soak time: 2 hours

## Ingredients:

- 1 cup oatmeal
- 1 tablespoon brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 cup blueberries
- ½ cup milk

## Directions:

Simply put all the ingredients in a jar. Place the lid on the jar tightly and shake up the mixture really well.

If you don't have a jar with a lid, use a bowl. Add all the ingredients, stir well, and cover tightly.

Place the jar in the refrigerator for at least 2 hours. If cold oats don't sound good to you, simply heat the oats in the microwave for 2 minutes.

Keeps for one week in the refrigerator!