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Blueberry Yogurt Overnight Oats ♦♦

Blueberry Yogurt Overnight Oats is a delicious and nutritious breakfast option. It is made by combining rolled oats, yogurt, blueberries, and other ingredients. The mixture is left to soak overnight, allowing the oats to soften and absorb the flavors. In the morning, the oats are ready to be enjoyed, providing a satisfying and healthy start to the day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

80 g	Rolled Oats
150 g	yogurt
100 g	blueberries
10 g	honey
10 g	Chia Seeds

200 ml almond milk

Directions

Step 1

In a jar or container, combine rolled oats, yogurt, honey, chia seeds, and almond milk.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Mix well to ensure all ingredients are evenly distributed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Stirring

Gently fold in the blueberries.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Refrigerating

Cover the jar or container and refrigerate overnight.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stirring

In the morning, give the oats a good stir and enjoy chilled.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Summer

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Kitchen Tools

Blender

Slow Cooker

Course

Appetizers

Breads

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Difficulty Level

Easy

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