

# GOOD SAINT

## Wild Blueberry Overnight Oats

### INGREDIENTS

1/2 cup almond milk  
2 teaspoons chia seeds  
1 tablespoon coconut butter (or nut butter of choice)  
1 tablespoons maple syrup  
1/2 cup (GF) rolled oats  
1/2 - 1 cup wild blueberries (fresh or frozen)

### DIRECTIONS

In a mason jar or small bowl, combine the almond milk, chia seeds, coconut butter, and maple syrup and stir or shake to combine. The coconut butter doesn't need to be completely mixed with the almond milk - and you'll get swirls of coconut butter to enjoy the next day!

Add the oats and blueberries and stir or shake a few more times. Make sure all of the oats are saturated in the wet mixture. Cover and place in the fridge overnight or for at least 6 hours to set.

When ready, simply pull out the oats, give 'em a stir and enjoy! You can add extra fruit or toppings as desired. Enjoy!

### NOTES

Leftovers last in the fridge up to 2 days, but are best enjoyed within 24 hours.

Serves 1, but recipe is easily doubled.

