

BLUEBERRY MAPLE PECAN OVERNIGHT OATS

Ingredients

4 pint-size glass mason jars with lids	¼ cup dried blueberries
1 cup old-fashioned oats (not quick cooking)	Ground cinnamon
¼ cup chia seeds	2 cups milk (2% or whole, or your preferred dairy-free)
4 tsp pure maple syrup	¼ cup toasted pecans, chopped

Directions

1. In each of the mason jars, combined ¼ cup oats, 1 tablespoon chia seeds, 1 teaspoon syrup, 1 tablespoon blueberries, and a pinch of cinnamon.
2. Add ½ cup of milk to each jar.
3. Secure the lids tightly and shake the jars to mix the contents. Place in the fridge overnight.
4. When ready to serve, sprinkle 1 tablespoon of chopped pecans on top of each.