



## Blueberry Ginger Overnight Oats

**QUAKER**

Servings: 1 | Prep Time: 5 minutes | Cook Time: 5 Minutes

# Blueberry Ginger Overnight Oats

Brought to you by  
Keri Glassman, MS, RDN



## Ingredients

- ½ cup Quaker® Old Fashioned Oats
- ½ cup kefir
- ½ teaspoon freshly grated ginger
- 1 teaspoon maple syrup
- ¼ cup blueberries
- 1 tablespoon sliced almonds



## Preparation

1. In a small glass container, add all ingredients and stir until well combined.
2. Let rest in refrigerator for at least 10 minutes, or as long as overnight.
3. Optional: Top with additional sliced almonds and blueberries. Enjoy!

## NUTRITION FACTS (PER SERVING):

305 calories, 10 g fat, 3 g sat fat, 16 mg cholesterol, 65 mg sodium, 44 g total carb, 6 g fiber, 13 g sugar, 11 g protein, 19% DV calcium, 1% DV vitamin D, 8% DV vitamin C, 5% DV vitamin A, 12% DV potassium, 12% DV iron, 18% DV thiamin, 23% DV magnesium, 4 g added sugar

**QUAKER**