

Kidney-Friendly  Heart-Healthy

# Blueberry Overnight Oats

Makes 1 servings



## Ingredients

1/2 cup old-fashioned oats  
1/3 cup vanilla Greek yogurt  
1 cup almond milk, unsweetened  
¼ cup blueberries  
1 tsp cinnamon  
1 tsp walnuts, chopped

In a small bowl or container, add oats, almond milk, yogurt, and cinnamon and mix until well combined.

Place in the fridge covered with lid and let sit overnight or at least 6 hours.

Top with fresh blueberries and walnuts before consuming.

Enjoy!

## Nutrition Facts Per Serving

(1 serving)

Calories 227

Carbohydrates 37 g

Protein 16 g

Total Fat 7 g

Phosphorus 353 mg

Potassium 373 mg

Sodium 176 mg

This recipe originally appeared on [www.mediterraneanliving.com](http://www.mediterraneanliving.com) and has been modified for a kidney-friendly and heart healthy diet.

<https://www.mediterraneanliving.com/blueberry-overnight-oats-with-greek-yogurt/#wprm-recipe-container-43418>

