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 mixuntil 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 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

© 2026 Somatus, Inc. | Somatus.com