

**SERVES 1-2**

# Sugar-Free Blueberry Coconut Overnight Oats

(Low Sugar, Diabetes Friendly, Gluten-Free, Vegan)

Isabelleckenzie.com | total time: 4 hours



## INGREDIENTS

1/2 cup of unsweetened almond milk

1/2 cup of unsweetened coconut milk

1 cup rolled oats (gluten free)

1 tbsp. chia seeds

1 tsp vanilla creme stevia drops (or to taste)

pinch of salt

1/2 cup of fresh blueberries, pureed in a blender

1/2 tsp pure vanilla extract  
\*optional

3 tbsp. greek yogurt \*optional

For Optional Jam Center: Sugar-Free Mixed-Berry Jam Recipe (Keto, Gelatin-Free, Vegan)

For Optional Topping: Fresh blueberries, chia seeds, shredded coconut

## INSTRUCTIONS

1. Mix all ingredients together in a sealable container or jar. Set in fridge to chill at least 4 hours or overnight.
2. To serve, stir and top with shredded coconut and blueberries. For warm oats, you may heat gently in the microwave for 15-second intervals. For a layered blueberry overnight oat. Layer the overnight oats in a small glass jar with chia jam in the middle. Once prepared, these blueberry overnight oats last in the fridge for 5 days. Keep them in an air-tight container.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabelle and using hashtag #cookingwithisabelle

© Copyright 2021 AME Media Group LLC. All Rights Reserved. May be shared with copyright and credit left intact.

**Copyright Notice:** All text and images in this printable are protected under United States federal copyright law. The unauthorized reproduction or distribution of this copyrighted work is illegal, and can result in the loss of any revenue received from unlawful distribution, legal fees, substantial civil fines, and possibly criminal charges.