

Flaxseed Blueberry Overnight Oats

Ingredients

- ½ cup rolled oats
- 1 tbsp ground flaxseed
- ¾ cup unsweetened almond milk
- ½ cup fresh or frozen blueberries
- 1 tsp maple syrup (optional)
- ¼ tsp ground cinnamon

Instructions

1. In a jar or bowl, combine the oats, ground flaxseed, and cinnamon.
2. Add almond milk and maple syrup (if using), and stir well.
3. Gently fold in the blueberries.
4. Cover and refrigerate overnight (or at least 4 hours).
5. In the morning, stir and enjoy cold. Optionally, top with more berries or chopped nuts.

Health Benefits

- Flaxseed: Rich in omega-3s and lignans that reduce inflammation and support hormone balance
 - Oats: Great source of fiber, supports digestion and energy levels
 - Blueberries: Antioxidants that protect the brain and immune system
 - Almond Milk: Low-calorie and dairy-free, good for those with sensitivities
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