Berry Overnight Oats

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

This dish is perfect for a quick breakfast or a satisfying afternoon or evening snack.

About the Recipe

326 Calories · 9 g Protein · 14 g Fiber
Breakfast
Gluten-free · Nut-free

Frozen berries add a boost of flavor and color to the overnight oats. Berries are full of antioxidants that can help keep your heart healthy.

Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it’s best to buy oats with a gluten-free label.

Ingredients

Makes 2 Servings

- 1 c (81 g) rolled oats
- 1 c (150 g) raspberries or mixed berries (such as blueberries, strawberries, and blackberries)
- 1 c plus 1 to 2 tbsp (300 mL) low-fat nondairy milk, plus more for serving, if desired
- 1/2 tbsp (2.5 mL) chia seeds
- 2 tbsp (30 mL) coconut nectar or pure maple syrup
- to taste pinch of Iodized salt **optional*

Directions

1. In a bowl or large jar, combine the oats, berries, nondairy milk, chia seeds, nectar or syrup, and salt, if using.
2. Cover and refrigerate overnight (or for at least several hours).
3. Serve with more milk to thin, if desired, and also try some additional add-ins (see note).   Note: When serving, you can add other toppings, including more berries, sliced ripe banana, a sprinkle of cocoa nibs, or 1 to 2 tablespoons of hemp or pumpkin seeds.

Nutrition Facts

Per serving

Calories: 326
Protein: 9 g
Carbohydrate: 64 g
Sugar: 21 g
Total Fat: 5 g
    Calories from Fat: 13%
Fiber: 14 g
Sodium: 205 mg