



# Ashley's Meal Prep Monday!

## Blueberry Pie Overnight Oats



### INGREDIENTS

2 1/2 - 3 cups fresh blueberries  
(this should make at least 6 jars of  
oats)

1 TBSP monkfruit sweetener

Each mason jar should include:

1/2 cup of rolled oats

1 cup unsweetened almond milk

1 TBSP chia seeds

1/2 TSP cinnamon

1/2 TSP vanilla

Optional: honey to drizzle  
on top



- Cook blueberries with about 1/4 cup water in a small saucepan over medium heat until most of the berries have popped and released juices. Stir in monkfruit
- In mason jars (or something similar) combine blueberries evenly in each jar. Add in all ingredients and stir.
- Place lids on top and refrigerate at least 4 hours.
- Serve with toppings as you desire (honey, more berries, etc) - and if you like oatmeal warm, heat in the microwave for about a minute.

**CARTWRIGHT'S**  
**MARKET**