

Overnight Oats: No-Cook Blueberry-Almond Oatmeal

Ingredients

- $\frac{3}{4}$ cup nonfat milk
- $\frac{1}{2}$ cup old-fashioned rolled oats
- $\frac{1}{3}$ cup blueberries
- 1 teaspoon packed light brown sugar
- $\frac{1}{4}$ teaspoon finely grated lemon zest
- $\frac{1}{8}$ teaspoon pure vanilla extract
- 3 drops pure almond extract
- Kosher salt
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey or agave nectar

Directions

- The night before, combine the milk, oats, blueberries, brown sugar, lemon zest, vanilla and almond extract and a pinch of salt in a glass pint jar or other container with a lid
- Secure the lid and shake
- Refrigerate at least 6 hours up to overnight
- In the morning, top with the almonds and drizzle with honey

Recipe courtesy of Food Network Kitchen