



Oatmeal Berry Jars

Start the school day right with our allergen-conscious Oatmeal Berry Jars! This delightful breakfast features creamy soy milk, mixed with rolled oats, chia seeds, and a burst of frozen berries. Whether you're avoiding milk, nuts, or other allergens, this nutritious and delicious option will provide the energy needed for a successful day ahead.

Ingredients

Servings 3

1 cup rolled oats or quick oats	1 tbsp vanilla extract
1 cup soy milk	1 tbsp maple syrup (or honey)
1 cup frozen blackberries	1 tbsp chia seeds

Directions

1. In a jar, combine the oats, soy milk, frozen blackberries, vanilla extract, maple syrup (or honey), and chia seeds.
2. Stir the ingredients thoroughly until well combined.
3. Cover the jar and place it in the refrigerator overnight or for a minimum of eight hours.
4. When ready to eat, give the mixture a quick stir and enjoy!





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Notes:

- Leftovers can be refrigerated in an airtight container for up to four days.
- This breakfast can be enjoyed either hot or cold.
- Experiment with different flavors by substituting blackberries with your favorite frozen fruits, such as mangoes, raspberries, strawberries, or blueberries.
- Substitute with a milk alternative that suits your specific needs, such as cow's milk, oat milk, almond milk or coconut milk.

Nutrition facts:

- Calories - 218
- Protein - 7g
- Carbs - 37g
- Fiber - 7g
- Calcium - 162mg
- Iron - 2mg

