

Blueberry Oatmeal

Creamy overnight oats with kefir, blueberries, and maple syrup. No-cook breakfast ready in 5 minutes. Healthy, filling, and perfect for meal prep.

10 min

PREP

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup oat
- 1 tsp fresh root ginger
- 1 cup blueberries
- 1 tbsp almond
- 1 tsp maple syrup
- 1 cup kefir

Instructions

- 1 Prepare the base**

Combine 1 cup rolled oats, 1 cup kefir, 1 tablespoon maple syrup, and 1 teaspoon vanilla extract in a large mixing bowl.
- 2** Grate 1 teaspoon fresh ginger using a fine grater or microplane. Add the grated ginger to the oat mixture along with a pinch of salt.
- 3** Whisk the mixture vigorously for 30 seconds until all ingredients are thoroughly combined and no dry oats remain visible.
- 4 Assemble and chill**

Divide the mixture evenly among 4 glass jars or containers with tight-fitting lids. Cover each container completely.
- 5** Refrigerate for a minimum of 2 hours or overnight until the oats are completely softened and the mixture has thickened to a pudding-like consistency.

6 Serve

Remove from refrigerator and stir the contents of each jar. Top with 1 cup fresh blueberries divided evenly among the 4 servings immediately before serving.

Tips

Choose old-fashioned rolled oats over quick oats for the best texture. Quick oats become mushy during the long soaking process, while rolled oats maintain a pleasant chewiness that contrasts beautifully with the creamy base.

Salt is crucial even in sweet recipes. Add a pinch to enhance all other flavors and prevent the oats from tasting flat or one-dimensional.

Grate fresh ginger finely to distribute its warm, spicy flavor evenly throughout the mixture. Large pieces can create unpleasant bursts of intense ginger flavor.

Layer your toppings strategically when meal prepping. Keep wet ingredients at the bottom and add delicate items like fresh berries just before serving to maintain their texture and appearance.

Stir the mixture thoroughly before refrigerating to ensure even liquid distribution. This prevents dry pockets of oats and ensures consistent texture throughout.

If your overnight oats seem too thick after soaking, thin with additional kefir or milk one tablespoon at a time until you reach your preferred consistency.

Mason jars make excellent single-serving containers and allow you to see the beautiful layers. Wide-mouth jars are easier to eat from and clean.

Prepare toppings in advance and store separately. Pre-slice almonds, wash berries, and portion out extras like granola or coconut flakes for quick assembly.