

## Berry Parfait Overnight Oats

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### Ingredients:

- 1 mason jar
- ¼ cup instant oats
- 1 tablespoon ground flax seed
- ~ ½ cup fresh or frozen blueberries
- ¼ cup skim milk
- ¼ cup blueberry Greek Yogurt

### Directions:

- Combine oats, flax seed and milk together in the mason jar. This is the bottom layer
- Add a handful of blueberries on the next layer.
- Layer yogurt over blueberries.
- Top with the remaining blueberries.
- Seal mason jar and put in the refrigerator overnight.
- Serve chilled the following day.

