

Plate Dream

# Overnight Oats – Easy Healthy Breakfast Recipe

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| **5 min**<br>Prep time | **5 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Base

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp chia seeds
- [ ] 1 tbsp honey or maple syrup

### Mix-ins & Toppings

- [ ] 1/2 cup fresh berries (blueberries, strawberries, or raspberries)
- [ ] ¼ cup Greek yogurt (optional)
- [ ] 1 tsp vanilla extract
- [ ] A pinch of cinnamon

## Instructions

1. In a clean jar, combine rolled oats, milk, chia seeds, honey, vanilla, and cinnamon. Stir gently until everything is evenly moistened.
2. Cover the jar tightly and place it in the refrigerator. Let it sit undisturbed overnight (or at least 4-6 hours).
3. In the morning, give the mixture a quick stir. If it’s too thick, add a splash of milk to reach your desired consistency.
4. Top with fresh berries, a dollop of Greek yogurt, and a sprinkle of nuts or seeds. Enjoy straight from the jar or transfer to a bowl.
5. For a heartier twist, stir in a spoonful of peanut butter or blend in a few dark chocolate chips; see our peanut butter oatmeal cookies for complementary ideas.

### Nutrition per serving

| 260 kcal | 12 g | 38 g | 6 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a colder breakfast, keep the jar in the fridge until ready to eat.
- Feel free to swap berries for sliced banana, mango, or diced apple.
- A dash of nutmeg or ginger can add a warm spice note.