

Easy Overnight Oats Recipe: A Healthy, Make-Ahead Breakfast

This overnight oats recipe is a game-changer for busy mornings. Here's why it stands out:



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5 min

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INGREDIENTS

- 1 cup rolled oats
- 2 cups milk (or dairy-free alternative)
- 1 tablespoon chia seeds
- 2 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- Your choice of toppings (fruits, nuts, seeds)

DIRECTIONS

1. In a medium bowl, combine the rolled oats, milk, chia seeds, honey, and vanilla extract.
2. Stir well until all ingredients are fully mixed.
3. Divide the mixture into two jars or containers with lids.
4. Add your favorite toppings on top, such as sliced bananas, berries, or nuts.
5. Seal the jars and refrigerate overnight.
6. In the morning, give it a good stir and enjoy your delicious overnight oats!

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Original recipe: <https://chefmaniac.com/easy-overnight-oats-recipe-a-healthy-make-ahead-breakfast/>