

Cinnamon Roll Overnight Oats - A Creamy, Dessert-Inspired Breakfast

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TIME
5 min

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INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk of choice (almond, oat, dairy, etc.)
- 1/4 cup Greek yogurt
- 1 tbsp maple syrup or honey ?
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 tbsp cream cheese, softened ?

DIRECTIONS

1. **Mix the Base:** In a jar or container, stir together:
2. Rolled oats
3. Milk
4. Greek yogurt
5. Maple syrup or honey
6. Cinnamon
7. Vanilla extract
8. Mix until well combined.
9. **Swirl in the Cream Cheese:** Drop softened cream cheese into the mixture and gently swirl it in for that cinnamon roll "frosting" vibe.
10. **For an extra creamy result,** you can whip it into the yogurt before mixing.
11. **Chill Overnight:** Cover and refrigerate for at least 4 hours or overnight. By morning, the oats will be thick, creamy, and ready to enjoy.
12. **Serve & Top:** Give your oats a stir and add your favorite toppings. We love:
13. A drizzle of maple syrup or glaze
14. A sprinkle of extra cinnamon
15. Sliced bananas or apples
16. Crushed pecans or granola

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Original recipe: <https://chefmaniac.com/cinnamon-roll-overnight-oats-a-creamy-dessert-inspired-breakfast/>