

Easy Overnight Oats: A Healthy and Delicious Make-Ahead Breakfast

quick, nutritious, and delicious breakfast



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5 min

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INGREDIENTS

$\frac{1}{2}$ cup rolled oats (old-fashioned oats work best)
 $\frac{1}{2}$ cup milk (dairy or non-dairy)
 $\frac{1}{4}$ cup Greek yogurt (optional, for creaminess)
1 tablespoon chia seeds (for extra fiber and thickness)
1 tablespoon maple syrup or honey (for sweetness)
 $\frac{1}{2}$ teaspoon vanilla extract
A pinch of salt

Optional Mix-Ins and Toppings:

Fresh fruit - Berries, bananas, apples, or mango.

Nut butter - Almond, peanut, or cashew butter.

Seeds and nuts - Chia, flaxseeds, walnuts, or pecans.

Spices - Cinnamon, nutmeg, or cocoa powder.

Chocolate chips or coconut flakes - For an indulgent twist.

How to Make Overnight Oats:

1. Combine Ingredients:

In a mason jar or airtight container, mix the oats, milk, Greek yogurt, chia seeds, sweetener, vanilla extract, and a pinch of salt.

Stir well to combine.

2. Refrigerate Overnight:

Cover and place in the refrigerator for at least 4 hours, preferably overnight.

The oats will absorb the liquid and become thick and creamy.

3. Add Toppings and Serve:

In the morning, give the oats a good stir.

Add your favorite toppings and enjoy cold, or warm them up in the microwave if preferred!

My Best Tips for the Perfect Overnight Oats:

Use rolled oats - Quick oats get too mushy, while steel-cut oats won't soften enough.

For extra creaminess - Add more yogurt or use coconut milk.

Want a protein boost? - Stir in a scoop of protein powder or nut butter.

Adjust the sweetness - Taste and add more honey or maple syrup if needed.

Flavor Variations:

Peanut Butter Banana - Add sliced banana and a drizzle of peanut butter.

Berry Bliss - Top with blueberries, raspberries, and a touch of honey.

Apple Cinnamon - Mix in diced apples and a sprinkle of cinnamon.

Chocolate Coconut - Stir in cocoa powder and top with shredded coconut.

Almond Joy - Add almonds, coconut, and mini chocolate chips.

What to Serve with Overnight Oats:

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13. **Apple : Cinnamon -** Mix in diced apples and a sprinkle of cinnamon.
14. **Chocolate : Coconut -** Stir in cocoa powder and top

with shredded coconut.

15. Almond : Joy - Add almonds, coconut, and mini chocolate chips.
16. What to Serve with Overnight Oats: This dish pairs well with:
17. A fresh smoothie - For a refreshing, nutrient-packed meal.
18. Boiled eggs or turkey bacon - Adds extra protein.
19. A hot cup of coffee or tea - Complements the flavors perfectly.
20. FAQs: Can I make multiple servings at once?Yes! Simply double or triple the ingredients and store in separate jars for the week.
21. How long do overnight oats last in the fridge?They stay fresh for up to 4 days in an airtight container.
22. Can I use water instead of milk?Yes, but they won't be as creamy. For the best texture, use milk or a plant-based alternative.
23. Do I have to eat them cold?No! If you prefer warm oats, microwave them for 30-60 seconds before serving.
24. These : Overnight Oats are healthy, filling, and incredibly easy to make, making them the perfect grab-and-go breakfast. Whether you like them sweet, fruity, or nutty, you can customize them to suit your taste!
25. Give them a try and let me know how they turn out!

More recipes: [ChefManiac.com](https://chefmaniac.com)

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