

Overnight Oats Blueberry Smoothie Bowl: Creamy, Healthy Breakfast

Overnight Oats Blueberry Smoothie Bowl: Your Creamy, Healthy, and Delicious Morning Fuel!



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5 min

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INGREDIENTS

- ¾ cup rolled oats (old-fashioned oats)
- ¾ cup milk of choice (almond, oat, dairy, soy, etc.)
- ¾ cup plain Greek yogurt (or plant-based yogurt for dairy-free)
- 1 teaspoon chia seeds
- 1 banana, sliced (preferably frozen, for extra creaminess and chill)
- ¾ cup frozen blueberries
- 1 tablespoon maple syrup or honey (optional, adjust to taste)
- ¾ teaspoon vanilla extract
- Fresh blueberries
- Sliced banana
- Granola
- Extra chia seeds
- Coconut flakes (toasted or untoasted)
- Almond butter drizzle (or peanut butter)
- Hemp seeds

Swaps and Notes:

Rolled Oats: Old-fashioned rolled oats are best for texture. Quick oats can be used but might result in a slightly softer consistency. Steel-cut oats are not recommended for this overnight method unless pre-cooked.

Milk of Choice: Use any milk you prefer - almond, oat, soy, or dairy milk all work.

Yogurt: Plain Greek yogurt adds protein and creaminess. For a dairy-free option, use a plain plant-based yogurt (like coconut or almond yogurt).

Chia Seeds: Essential for thickening the overnight mixture and boosting fiber/omega-3s.

Frozen Banana & Blueberries: Using frozen fruit is key for a thick, cold smoothie bowl without needing excessive ice, which can dilute flavor. If your banana isn't frozen, add a few more frozen blueberries or ice.

Sweetener: Maple syrup or honey are optional. Adjust based on the sweetness of your fruit and your personal preference.

Toppings: This is where you can get creative! Add nuts, seeds, different fruits, a drizzle of nut butter, or even a sprinkle of cocoa nibs.

Directions:

Prepare Overnight Oat Base: In a jar or bowl with a lid, combine the rolled oats, milk of choice, plain Greek yogurt, chia seeds, and vanilla extract. Mix everything very well with a spoon, ensuring no dry clumps of oats or chia seeds remain.

Refrigerate Overnight: Cover the jar or bowl tightly and refrigerate overnight (at least 8 hours). This allows the oats and chia seeds to soften and absorb the liquid, creating a thick, creamy base.

Blend in the Morning: In the morning, transfer the overnight oat base to a blender. Add the sliced banana (preferably frozen), frozen blueberries, and maple syrup or honey (if using, adjust to your desired sweetness).

Blend Until Smooth: Blend on high speed until the mixture is thick and completely smooth and creamy. Stop and scrape down the sides as needed to ensure everything is incorporated. If it's too thick, add a tiny splash more milk; if too thin, add a few more frozen blueberries or a tiny bit more chia seeds and let it sit for 5 minutes before re-blending.

Pour into Bowl & Top: Pour the thick, creamy smoothie into a bowl (a wide, shallow bowl is perfect for toppings!).

Add Toppings: Top with your choice of fresh blueberries, sliced banana, granola, extra chia seeds, coconut flakes, a drizzle of almond butter, or hemp seeds. Get creative with your presentation!

Serve Immediately: Serve immediately with a spoon and enjoy your delicious, nutritious start to the day!

Tips for Success:

Rinse Oats (Optional): Some people prefer to rinse rolled oats briefly to remove excess starch, which can help with texture, but it's not strictly necessary here.

Frozen Fruit is Key: Using frozen banana and blueberries provides the ideal thick, cold, and creamy texture without diluting the flavor with too much ice.

Adjust Liquid: Start with the lower amount of liquid and add more slowly if your blender struggles, or if you prefer a thinner consistency.

DIRECTIONS

1. Making this : Overnight Oats Blueberry Smoothie Bowl is incredibly easy, with minimal effort in the morning!
2. Prepare : Overnight Oat Base: In a jar or bowl with a lid, combine the rolled oats, milk of choice, plain Greek yogurt, chia seeds, and vanilla extract. Mix everything very well with a spoon, ensuring no dry clumps of oats or chia seeds remain.
3. Refrigerate : Overnight: Cover the jar or bowl tightly and refrigerate overnight (at least 8 hours). This allows the oats and chia seeds to soften and absorb the liquid, creating a thick, creamy base.
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6. Pour into : Bowl & Top: Pour the thick, creamy smoothie into a bowl (a wide, shallow bowl is perfect for toppings!).
7. Add : Toppings: Top with your choice of fresh blueberries, sliced banana, granola, extra chia seeds, coconut flakes, a drizzle of almond butter, or hemp seeds. Get creative with your presentation!

8. **Serve : Immediately:** Serve immediately with a spoon and enjoy your delicious, nutritious start to the day!
9. **Tips for Success: Rinse Oats (Optional):** Some people prefer to rinse rolled oats briefly to remove excess starch, which can help with texture, but it's not strictly necessary here.
10. **Frozen : Fruit is Key:** Using frozen banana and blueberries provides the ideal thick, cold, and creamy texture without diluting the flavor with too much ice.
11. **Adjust : Liquid:** Start with the lower amount of liquid and add more slowly if your blender struggles, or if you prefer a thinner consistency.
12. **Chill : Time:** The overnight soak is essential for the oats and chia seeds to soften.
13. **Customize : Toppings:** The toppings are where you can make this bowl truly your own and add extra nutrition and crunch.
14. **Serving Suggestions and Pairings:** This Overnight Oats Blueberry Smoothie Bowl is a fantastic, complete meal for breakfast or a satisfying snack. It's perfect for busy mornings, post-workout fuel, or a healthy indulgence. Pair it with a cup of coffee or a glass of water. For other refreshing fruit-based drinks, you might enjoy my [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#) or my [tropical Pina Colada Smoothie](#).
15. **Storage and Leftover Tips:** This smoothie bowl is best enjoyed immediately after blending for optimal thickness and texture. The overnight oat base (before blending with fruit) can be stored in an airtight jar in the refrigerator for up to 2-3 days.
16. **More Recipes You Will Love:** If you loved the wholesome ingredients and easy prep of this smoothie bowl, here are a few more delightful breakfast and snack recipes that I think you'll absolutely love:
17. For a classic way to use up ripe bananas in baking, check out my [This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas](#).
18. If you're looking for other quick, healthy oatmeal-based treats, my [These 3 Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time Saver](#) are a fantastic option.
19. And for a no-bake, protein-packed snack, my [These No-Bake Peanut Butter Oatmeal Bars Are My Favorite Snack to Keep on Hand](#) are a must-try.
20. **Final Thoughts:** This Overnight Oats Blueberry Smoothie Bowl is a true game-changer for healthy, convenient, and delicious breakfasts. It's creamy, vibrant, packed with nutrients, and incredibly satisfying, proving that a quick start to your day doesn't mean sacrificing flavor or health. Give it a blend, and enjoy your delightful morning fuel!
21. What's your favorite way to customize your smoothie bowls? Share your ideas and feedback in the comments below, and don't forget to follow [Chef Maniac](#) for more delightful and inspiring recipes!

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/overnight-oats-blueberry-smoothie-bowl-creamy-healthy-breakfast/>