

## Healthy Brownie Batter Overnight Oats: A Guilt-Free Breakfast

Healthy Brownie Batter Overnight Oats



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### INGREDIENTS

1/2 cup old-fashioned rolled oats  
1 tbsp unsweetened cocoa powder  
1 tbsp chia seeds  
1 tbsp pure maple syrup  
1/2 tsp vanilla extract  
1 cup milk (dairy or non-dairy)  
A pinch of salt

Optional toppings: chocolate chips, fresh raspberries, or a dollop of yogurt

Swaps and Notes:

Oats: Use old-fashioned rolled oats, not instant. Instant oats can become mushy, while rolled oats hold their texture better.

Milk: Any milk will work here! Almond milk, oat milk, or regular dairy milk are all great choices.

Sweetener: I prefer pure maple syrup for a natural sweetness, but you can also use honey or a few drops of a sugar-free alternative.

Chia Seeds: The chia seeds are key! They help thicken the oats and provide an extra dose of fiber and healthy fats. You can also use flax seeds.

Toppings: The sky's the limit! Get creative with your toppings. A few chocolate chips add a fun surprise, while fresh fruit or nuts add extra texture and nutrition.

How to Make Healthy Brownie Batter Overnight Oats:

Combine Dry Ingredients: In a jar or airtight container, combine the old-fashioned rolled oats,

unsweetened cocoa powder, chia seeds, and a pinch of salt. Stir everything together until well mixed.

**Add Wet Ingredients:** Pour in the milk, pure maple syrup, and vanilla extract.

**Mix and Shake:** Stir everything thoroughly to ensure there are no clumps of cocoa powder. Put the lid on the jar and shake it vigorously for 30 seconds. This helps distribute all the ingredients evenly.

**Refrigerate:** Place the jar in the refrigerator overnight, or for at least 6 hours. This gives the oats and chia seeds time to absorb the liquid and soften.

**Serve:** In the morning, give the oats a good stir. Add your favorite toppings, such as a handful of mini chocolate chips or fresh raspberries, and enjoy!

**Tips for Success:**

**Use a Jar:** A mason jar with a lid is the perfect container. It allows you to shake the ingredients together easily and is a convenient way to store and transport your breakfast.

**Give it Time:** Don't rush the chilling process. The "overnight" part is crucial for the oats to achieve their perfect consistency.

**Adjust Consistency:** If you find the oats are too thick in the morning, just add a splash of milk and stir until you reach your desired consistency. If they are too thin, add a tablespoon of chia seeds before chilling.

**Serving Suggestions and Pairings:**

**Storage and Leftover Tips:**

**More Recipes You Will Love:**

My Chocolate Chip Banana Bread is another great way to start your day with a touch of sweetness.

For a different kind of no-bake treat, my Edible Cookie Dough is a perfect guilt-free snack.

If you want to lean into that brownie batter flavor, my Brownie Batter Dip is a perfect dessert.

For a classic no-bake cookie that never fails, try these Old School No-Bake Cookies.

**Final Thoughts:**

## DIRECTIONS

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9. **Serving Suggestions and Pairings:** These overnight oats are a complete meal on their own, but they also pair

well with a cup of strong coffee or a refreshing smoothie. For another delicious and healthy breakfast option, you could also make a batch of my 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies to have on hand for a quick grab-and-go meal.

10. **Storage and Leftover Tips:** Overnight oats are designed for make-ahead convenience. You can make a batch on Sunday to last you through the week. They will stay fresh in an airtight container in the refrigerator for up to 3-4 days. Just be sure to stir them well each morning before enjoying.
11. **More Recipes You Will Love:** If you're a fan of easy, wholesome, and delicious treats, be sure to check out these other favorites:
12. **My Chocolate : Chip Banana Bread** is another great way to start your day with a touch of sweetness.
13. For a different kind of no-bake treat, my **Edible Cookie Dough** is a perfect guilt-free snack.
14. If you want to lean into that brownie batter flavor, my **Brownie Batter Dip** is a perfect dessert.
15. For a classic no-bake cookie that never fails, try these **Old School No-Bake Cookies**.
16. **Final Thoughts:** These **Healthy Brownie Batter Overnight Oats** are a true testament to the fact that you can have a breakfast that is both good for you and tastes absolutely incredible. It's a simple recipe that will make your mornings easier and a whole lot more delicious. I hope you give them a try and make them a new favorite.
17. If you make this recipe, I'd love to hear how you topped yours! Let me know in the comments below.

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

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