

Creamy Strawberry Overnight Oats for Busy Mornings

Strawberry Overnight Oats: A Fresh, Creamy Breakfast You Can Prep Ahead



Strawberry Overnight Oats

Ingredients

- 1 cup rolled oats
- 2 cups milk (or plant-based milk)
- 1 cup strawberries (chopped)

TIME
10 min

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SOURCE
ChefManiac

INGREDIENTS

- 1 cup rolled oats
- 2 cups milk, or plant-based milk
- 1 cup strawberries, chopped
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon vanilla extract
- Pinch of salt

DIRECTIONS

1. In a bowl or jar, combine the rolled oats, milk, honey or maple syrup, vanilla extract, and a pinch of salt. Stir until well mixed.
2. Fold in the chopped strawberries.
3. Cover tightly and refrigerate overnight so the oats can absorb the liquid and soften.
4. In the morning, give everything a good stir. If the mixture feels too thick, add a splash of milk.
5. Serve cold, topped with extra strawberries, nuts, granola, or yogurt if you like.

SWAPS & NOTES

Rolled oats are the best choice here because the source recipe notes that quick or instant oats can turn mushy faster.

If you like a softer texture, quick oats can still work, but the finished result will be less chewy.

Plant-based milk is an easy swap, and maple syrup makes the recipe a simple vegetarian-friendly option for those avoiding honey.

Fresh or frozen strawberries both work, and the recipe also suggests branching out with other fruit if you want to change things up.

TIPS FOR SUCCESS

The biggest tip is to let the oats rest long enough.

The recipe specifically warns against skipping the overnight chill, because that soaking time is what creates the soft, creamy texture.

Another important point: don't overload your jar with too many mix-ins before chilling.

Save some toppings for the next morning so the texture stays balanced and fresh.

