

Easy Greek Yogurt Overnight Oats with Honey - Healthy Make-Ahead Breakfast

Looking for an easy, healthy make-ahead breakfast?



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5 min

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INGREDIENTS

1/2 cup old-fashioned rolled oats - The best oats for overnight oats, providing a hearty texture. (Do not use instant oats, which can get mushy, or steel-cut oats, which won't soften enough.)

1/2 cup milk - Any milk works (dairy or non-dairy). Use your favorite: regular cow's milk, almond milk, soy milk, oat milk, etc. for the soaking liquid.

1/4 cup Greek yogurt - Plain Greek yogurt makes the oats ultra creamy and adds protein. You can use 2% or nonfat Greek yogurt. (For extra creaminess, you could increase this to 1/3 or 1/2 cup and slightly reduce the milk.)

1 tablespoon honey - To naturally sweeten the oats. Adjust to taste: use 2 teaspoons for a lighter sweetness or up to 2 tablespoons if you prefer it sweeter. (You can substitute pure maple syrup or agave nectar if desired.)

1 teaspoon chia seeds (optional) - Adds fiber, omega-3s, and helps thicken the oats to a pudding-like consistency.

1/4 teaspoon vanilla extract (optional) - For flavor. Skip if using vanilla flavored yogurt.

1/4 teaspoon ground cinnamon (optional) - A pinch of cinnamon adds warmth and flavor to the oats.

Pinch of salt (optional) - Enhances the overall flavor and sweetness. Just a tiny pinch will do.

Toppings of choice (for serving) - Optional but highly recommended! Fresh berries, sliced banana, chopped nuts (almonds or walnuts), a sprinkle of

granola, an extra drizzle of honey, or a dash of cinnamon on top. Toppings add texture and flavor to your overnight oats.

DIRECTIONS

1. Follow these simple step-by-step instructions to make the overnight oats. It's truly foolproof: mix, chill, and enjoy!
2. Combine : Ingredients: In a mason jar (16-ounce size works great) or any container with a lid, add the rolled oats, milk, Greek yogurt, honey, and any optional add-ins like chia seeds, vanilla, cinnamon, and a tiny pinch of salt.
3. Stir (or Shake) to Mix: Stir everything together with a spoon until well combined. Make sure the oats are fully submerged in the liquid. Tip: If using a jar with a tight lid, you can close the lid and shake the jar vigorously to mix the ingredients instead of stirring.
4. Refrigerate : Overnight: Cover the jar or container with its lid (or plastic wrap) and place it in the refrigerator. Let the oats soak for at least 6 hours, but ideally overnight (8 hours or up to 24 hours). During this time, the oats will soften and absorb the liquid, and the mixture will thicken to a creamy, pudding-like oatmeal.
5. Stir and : Adjust (Next Morning): In the morning, take your jar out of the fridge. Give the overnight oats a good stir to make sure the yogurt and oats are well integrated. If you find the oats have become too thick (sometimes the chia and oats absorb a lot of liquid), simply add a splash more milk and stir to loosen it up to your desired consistency.
6. Add : Toppings and Enjoy: Top your overnight oats with your favorite toppings. Some classic combos: add a handful of fresh berries and a few chopped almonds, or slice up half a banana and sprinkle some walnuts and

an extra drizzle of honey on top. Enjoy your Greek yogurt overnight oats cold, straight from the jar with a spoon! (If you prefer it warm, see the FAQ on heating overnight oats.)

7. That's it! You've got a creamy, delicious breakfast ready to go. Grab the jar and spoon and dig in, or take it on the run for a commute-friendly meal. These oats are perfect for busy mornings when you don't have time to cook.

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