

Choco Fever Dream

Apple Cinnamon Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1/2 cup plain Greek yogurt
- [ ] 3/4 cup milk (dairy or plant-based)
- [ ] 1 tablespoon chia seeds

Flavor

- [ ] 1 medium apple, diced
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 1 teaspoon honey
- [ ] 1/2 teaspoon vanilla extract

Optional Toppings

- [ ] A handful of toasted walnuts
- [ ] Extra drizzle of honey
- [ ] A pinch of ground nutmeg

Instructions

1. In a jar or bowl, combine the rolled oats, chia seeds, milk, and Greek yogurt; stir until evenly coated.
2. Add the diced apple, cinnamon, honey, and vanilla; mix gently to distribute the apple pieces.
3. Cover the container tightly and place it in the refrigerator for at least 6 hours, preferably overnight.
4. In the morning, give the oats a quick stir, add a splash of milk if needed, and top with walnuts or extra honey.

Nutrition per serving

320 kcal	14 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a thinner consistency, add a bit more milk before serving.
- For extra sweetness, use maple syrup instead of honey.
- You can prep several jars at once for a full week of hassle-free breakfasts.