

Choco Fever Dream

Banana Bread Overnight Oats

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1/2 cup rolled oats
- [ ] 1/2 cup milk (dairy or plant-based)
- [ ] 1/4 cup Greek yogurt
- [ ] 1 ripe banana, mashed
- [ ] 1 tbsp honey or maple syrup
- [ ] 1/2 tsp ground cinnamon
- [ ] 1 tsp lemon juice
- [ ] A pinch of salt

Optional Toppings

- [ ] Sliced banana
- [ ] Chopped walnuts
- [ ] Extra cinnamon drizzle
- [ ] A dollop of almond butter

Instructions

1. In a mason jar or bowl, combine the rolled oats and milk; give it a gentle stir.
2. Add Greek yogurt, mashed banana, honey, cinnamon, lemon juice, and a pinch of salt; mix until everything is evenly coated.
3. Seal the jar and place it in the refrigerator overnight, or for at least 4 hours.
4. In the morning, stir the mixture, add a splash of milk if you prefer a thinner consistency, and top with your favorite extras.
5. Enjoy straight from the jar or transfer to a bowl; pair with a cup of tea for a gentle start.

Nutrition per serving

280 kcal	12 g	48 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra sweetness, drizzle a little more honey just before serving.
- For a crunchier texture, add toasted oat flour or granola on top.
- Overnight soaking not only softens the oats but also allows the banana flavor to deepen.