

Choco Fever Dream

Basic Overnight Oats Recipe

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

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp maple syrup or honey
- [ ] ½ tsp vanilla extract
- [ ] Pinch of salt

Toppings (optional)

- [ ] Fresh berries
- [ ] Sliced banana
- [ ] Chopped nuts
- [ ] Coconut flakes

Instructions

1. In a sealable jar or bowl, combine rolled oats and milk; give it a good stir until everything is evenly moistened.
2. Add maple syrup, vanilla extract, and a pinch of salt; mix gently so the sweetener dissolves.
3. Seal the container and place it in the refrigerator for at least 4 hours, or overnight for best texture.
4. When ready to serve, give the oats a quick stir, top with your favorite fruits, nuts, or a drizzle of extra honey.
5. Enjoy cold straight from the jar, or microwave for 30 seconds if you prefer a warm bowl.

Nutrition per serving

320 kcal	10 g	45 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a thicker consistency, reduce the liquid slightly.
- If using Greek yogurt, add it after chilling to keep the texture smooth.
- Stirring once after the first hour prevents clumps.