

Choco Fever Dream

Blueberry Chia Overnight Oats – Easy Breakfast

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup milk (dairy or almond)
- [ ] 1/2 cup Greek yogurt or plain yogurt

Flavor & Sweetness

- [ ] 1 cup fresh or frozen blueberries
- [ ] 1-2 tbsp honey or maple syrup
- [ ] 1 tsp lemon zest
- [ ] 1 pinch salt

Optional Toppings

- [ ] A handful of sliced almonds
- [ ] Extra berries for garnish
- [ ] A drizzle of nut butter

Instructions

1. In a clean jar or bowl, combine the rolled oats and chia seeds.
2. Pour the milk over the dry ingredients, then stir in the yogurt until everything is evenly coated.
3. Add the blueberries, honey, lemon zest, and a pinch of salt; give a gentle mix so the berries are distributed but not crushed.
4. Seal the container and refrigerate overnight, or for at least 4-5 hours.
5. In the morning, give the oats a quick stir, add extra milk if needed, and top with almonds or extra berries before serving.

Nutrition per serving

280 kcal	12 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick in the morning, thin it with a splash of milk or water.
- For extra flavor, toast the oats lightly before mixing.
- You can prepare a batch for up to 4 days; just keep the toppings separate until serving.