

Choco Fever Dream

Brown Sugar Overnight Oats Recipe

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp dark brown sugar
- [ ] 1/2 tsp vanilla extract
- [ ] 1/4 tsp ground cinnamon
- [ ] Pinch of salt

Optional Toppings

- [ ] Sliced banana
- [ ] Chopped pecans
- [ ] Fresh berries
- [ ] A drizzle of honey

Instructions

1. In a mason jar or bowl, combine oats, milk, brown sugar, vanilla, cinnamon, and salt; stir until the sugar begins to dissolve.
2. Cover the container and place it in the refrigerator overnight (or at least 4 hours) so the oats soften and the flavors meld.
3. In the morning, give the mixture a quick stir; if it’s too thick, add a splash of extra milk.
4. Top with your favorite fruit, nuts, or a drizzle of honey, then enjoy straight from the jar.
5. For a warm version, microwave for 30-60 seconds, then garnish as desired.

Nutrition per serving

280 kcal	9 g	48 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter bowl, increase brown sugar to 3 tbsp.
- Gluten-free oats work just as well for a GF option.
- Adding a pinch of nutmeg alongside cinnamon deepens the spice profile.