

Choco Fever Dream

Chai Spiced Overnight Oats Recipe

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

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp maple syrup
- [ ] 1/2 tsp vanilla extract

Spice Blend

- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground cardamom
- [ ] 1/4 tsp ground ginger
- [ ] 1/8 tsp ground cloves
- [ ] Zest of 1/2 lemon

Topping (optional)

- [ ] 2 tbsp chopped almonds or walnuts
- [ ] Fresh berries or sliced banana
- [ ] A drizzle of extra maple syrup

Instructions

1. In a bowl or jar, combine rolled oats, almond milk, maple syrup, and vanilla; whisk until the mixture looks smooth.
2. Add the chai spice blend—cinnamon, cardamom, ginger, cloves, and lemon zest—stir gently to distribute the spices evenly.
3. Cover the container tightly and place it in the refrigerator overnight, or for at least 6 hours.
4. In the morning, give the oats a good stir; top with chopped nuts, fresh fruit, and an extra drizzle of maple if desired. Enjoy straight from the jar or transfer to a bowl.
5. If you prefer it warm, microwave for 30-45 seconds, then stir before serving.

Nutrition per serving

320 kcal	8 g	55 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- The oats will thicken more if you use less milk; adjust to your desired consistency.
- For extra protein, stir in a scoop of vanilla plant-based protein powder before refrigerating.
- A pinch of sea salt can enhance the spice flavors without making the dish salty.