

Choco Fever Dream

Cookie Dough Overnight Oats – Easy Breakfast

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)
- [ ] ½ cup Greek yogurt (optional)
- [ ] 2-3 tbsp honey or maple syrup
- [ ] ½ tsp vanilla extract
- [ ] ¼ tsp sea salt
- [ ] ½ cup edible cookie-dough chunks

Optional Toppings

- [ ] Fresh berries
- [ ] Chopped nuts
- [ ] A drizzle of nut butter
- [ ] A sprinkle of cinnamon

Instructions

1. In a wide-mouth jar, combine rolled oats and milk; stir gently until the oats are fully immersed.
2. Add Greek yogurt, honey, vanilla, and sea salt; mix until the mixture looks smooth and creamy.
3. Fold in the cookie-dough chunks, letting them disperse without crushing.
4. Seal the jar, give it a quick shake, then place it in the refrigerator overnight (or at least 4-6 hours).
5. In the morning, stir the oats, top with berries, nuts, or a drizzle of nut butter, and enjoy straight from the jar.
6. If you like a warmer bowl, microwave for 30-45 seconds; the dough stays soft and the oats become extra cozy.

Nutrition per serving

340 kcal	12 g	44 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you love a richer texture, add a spoonful of almond butter before chilling.
- For a chocolate twist, check out chocolate chip variations.
- The recipe can be doubled and frozen in portion-size jars for quick breakfasts.