

Choco Fever Dream

Healthy Overnight Oats – Easy Breakfast Idea

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup almond milk (or any milk of choice)
- [ ] 1 tbsp chia seeds
- [ ] 1 tsp maple syrup
- [ ] 1/4 tsp vanilla extract
- [ ] Pinch of sea salt

Toppings

- [ ] 1/2 cup fresh berries (blueberries, strawberries, or raspberries)
- [ ] 2 tbsp sliced almonds or walnuts
- [ ] Optional: a sprinkle of cinnamon

Instructions

1. In a jar or bowl, combine rolled oats, chia seeds, and a pinch of salt.
2. Pour the almond milk over the dry ingredients, add maple syrup and vanilla, then stir gently until everything is evenly mixed.
3. Cover the container and place it in the refrigerator for at least 6 hours, preferably overnight.
4. In the morning, give the oats a quick stir, then top with fresh berries, sliced nuts, and a dash of cinnamon if desired.
5. Enjoy straight from the jar or transfer to a bowl; savor the cool, creamy texture.

Nutrition per serving

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

Tips & notes

- If the mixture seems too thick, stir in a splash of extra milk before serving.
- For extra creaminess, blend a quarter cup of Greek yogurt into the base before refrigerating.
- You can prepare a batch for the whole week; just vary the toppings each day.