

Choco Fever Dream

Healthy Overnight Oats With Chia Seeds And Yogurt

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 plain Greek yogurt
- [ ] 1/2 cup milk (dairy or plant-based)
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tsp lemon juice
- [ ] 1/2 tsp vanilla extract

Optional Toppings

- [ ] Fresh berries
- [ ] Sliced almonds
- [ ] Cinnamon sprinkle

Instructions

1. In a bowl or jar, combine rolled oats and chia seeds; give them a quick stir.
2. Add the yogurt, milk, honey, lemon juice, and vanilla. Mix until everything is evenly coated.
3. Cover the container and refrigerate for at least 4 hours, preferably overnight.
4. In the morning, give the mixture a gentle stir. If it’s too thick, add a splash of milk.
5. Top with fresh berries, a drizzle of honey, and a pinch of cinnamon before serving.

Nutrition per serving

320 kcal	15 g	45 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The oats will continue to soften the longer they sit; adjust milk for desired consistency.
- For a fruitier version, try layering with sliced banana or mango.
- A dash of nutmeg pairs nicely with the cinnamon for a warm spice note.