

Choco Fever Dream

Lactation Overnight Oats – Easy Make-Ahead Breakfast

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp ground flaxseed
- [ ] 1/2 tsp ground cinnamon
- [ ] 1 tbsp pure maple syrup
- [ ] 1/4 tsp sea salt

Toppings

- [ ] 1/2 cup fresh mixed berries (blueberries, strawberries)
- [ ] Optional: a drizzle of additional maple syrup

Instructions

1. In a clean jar, combine rolled oats, almond milk, and ground flaxseed; give it a good stir until everything is evenly moistened.
2. Add cinnamon, sea salt, and maple syrup; stir again, then gently tap the jar to settle the mixture.
3. Seal the lid tightly and refrigerate overnight, or for at least 4-6 hours, allowing the oats to soften and flavors to meld.
4. In the morning, top the chilled oats with fresh berries and an extra drizzle of syrup if desired; enjoy straight from the jar or pour into a bowl.
5. If you prefer a warm bowl, microwave for 30-45 seconds, then stir gently before adding toppings.

Nutrition per serving

320 kcal	10 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra protein, stir in a scoop of vanilla plant-based protein powder before sealing.
- Make sure flaxseed is ground; whole seeds won’t release their benefits.
- Adjust sweetness by tasting before refrigerating; some almond milks are already slightly sweet.