

Choco Fever Dream

Overnight Oats: No-Cook Refrigerator 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)
- [ ] 1/2 cup Greek yogurt
- [ ] 1 tablespoon honey or maple syrup
- [ ] 1 tablespoon chia seeds
- [ ] 1/2 cup mixed berries (fresh or frozen)

Optional Toppings

- [ ] Sliced banana
- [ ] Chopped nuts
- [ ] Coconut flakes
- [ ] Cinnamon dust

Instructions

1. In a jar or bowl, combine rolled oats, milk, and Greek yogurt; stir gently.
2. Add honey, chia seeds, and a pinch of salt; mix until everything is evenly coated.
3. Cover the container and place it in the refrigerator for at least 8 hours or overnight.
4. In the morning, give the mixture a quick stir, top with berries and any optional toppings you like.
5. Enjoy straight from the fridge, or warm briefly if you prefer a cozy bowl.

Nutrition per serving

350 kcal	14 g	55 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats seem too thick, stir in a splash more milk.
- For extra creaminess, use half milk and half kefir.
- Layer fruit on top for a pretty presentation.