

Choco Fever Dream

Strawberry Cheesecake Overnight Oats

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

Ingredients

Base

- [ ] 1/2 cup rolled oats
- [ ] 1/2 cup unsweetened almond milk
- [ ] 1 tablespoon chia seeds

Cheesecake Layer

- [ ] 1/2 cup Greek yogurt
- [ ] 2 ounces cream cheese, softened
- [ ] 1 tablespoon honey
- [ ] 1/2 teaspoon vanilla extract

Strawberry Mix

- [ ] 1/2 cup fresh strawberries, diced
- [ ] 2 tablespoons strawberry puree
- [ ] Optional: 1 tablespoon crushed graham crackers

Instructions

1. In a mason jar, combine rolled oats, almond milk, and chia seeds. Stir gently until everything is moistened.
2. In a small bowl, whisk together Greek yogurt, softened cream cheese, honey, and vanilla until smooth.
3. Fold the strawberry puree and diced strawberries into the yogurt mixture, creating a pink swirl.
4. Layer the cheesecake mixture over the oat base, then top with extra strawberry pieces and optional crushed graham crackers.
5. Seal the jar and refrigerate overnight, or at least 6 hours, to let the oats soften.
6. In the morning, give the jar a quick stir, drizzle a touch of honey if desired, and enjoy.

Nutrition per serving

320 kcal	15 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick in the morning, add a splash of milk and stir.
- For added crunch, sprinkle toasted almond slivers just before serving.
- You can prepare multiple jars at once for a ready-made breakfast stash.