

Choco Fever Dream

Vanilla Overnight Oats

A simple, wholesome breakfast of vanilla-flavored oats soaked overnight for silky smooth texture.

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 or plant-based milk
- [ ] 1 teaspoon pure vanilla extract
- [ ] 1 tablespoon chia seeds
- [ ] 1 tablespoon maple syrup or honey

Optional Toppings

- [ ] Fresh berries
- [ ] Sliced banana
- [ ] Chopped nuts
- [ ] Coconut flakes

Instructions

1. In a clean jar or bowl, combine rolled oats, milk, vanilla extract, chia seeds, and maple syrup.
2. Stir thoroughly until everything is evenly distributed; this prevents clumps.
3. Seal the container and place it in the refrigerator for at least 4 hours, preferably overnight.
4. In the morning, give the oats a quick shake, top with your favorite fruit or nuts, and enjoy.
5. If you prefer it warm, microwave for 30-45 seconds, then add toppings.

Nutrition per serving

320 kcal	10 g	50 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, replace half the milk with Greek yogurt.
- Experiment with spices like cinnamon or nutmeg for a warm twist.
- Adjust sweetness after chilling; flavors mellow overnight.