

Zucchini Bread Recipes

Basic Overnight Oats Recipe

5 min Prep time	**5 min** Total time	**1** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1/2 cup rolled oats
- [ ] 1/2 cup milk (dairy or plant-based)
- [ ] 1 tbsp honey
- [ ] 1/2 tsp vanilla extract
- [ ] 1/4 tsp cinnamon

Optional Toppings

- [ ] Fresh berries
- [ ] Chopped nuts
- [ ] Extra drizzle of honey
- [ ] A spoonful of yogurt

Instructions

1. In a clean jar, combine rolled oats and milk; stir until the oats are fully immersed.



2. Add honey, vanilla extract, and cinnamon; mix thoroughly to distribute the flavors.



3. Seal the jar and place it in the refrigerator for at least 4 hours, preferably overnight.



4. In the morning, give the oats a quick stir, adjust consistency with a splash of milk if needed, and top with your favorite berries or nuts.



5 Enjoy cold, or microwave for 30 seconds for a warm breakfast, then savor the gentle sweetness.



Nutrition per serving

260 kcal	8 g	43 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Stirring the mixture before chilling prevents clumps.
- For a richer taste, use half milk and half Greek yogurt.
- If you like extra texture, fold in a tablespoon of chia seeds.