

Zucchini Bread Recipes

Brown Sugar Overnight Oats Recipe

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

For the Oats

- [ ] 1 cup old-fashioned rolled oats
- [ ] 1 1/4 cups milk (dairy or plant-based)
- [ ] 2 tablespoons brown sugar, packed
- [ ] 1 tablespoon chia seeds
- [ ] 1/2 teaspoon vanilla extract
- [ ] Pinch of salt

Optional Toppings

- [ ] Sliced banana
- [ ] Fresh berries
- [ ] Chopped nuts (walnuts, almonds)
- [ ] A drizzle of maple syrup
- [ ] A sprinkle of cinnamon

Instructions

1. Grab a jar or a container with a lid. A pint-sized mason jar is perfect. Add the rolled oats, brown sugar, chia seeds, and that little pinch of salt.
2. Pour in the milk and add the vanilla extract. Now, put the lid on tightly and give the jar a really good shake. You want everything to be well mixed. Honestly, sometimes I'll just stir it with a spoon if I'm using a bowl, but shaking is more fun.
3. Pop the jar into the refrigerator. Let it sit for at least 6 hours, but overnight is best – 8 to 12 hours gives the oats time to become perfectly soft and creamy.
4. In the morning, take the jar out. Give the oats a good stir. You might see a little liquid on top or the chia seeds might have settled; stirring brings it all together.
5. Now for the best part: add your toppings. Slice a banana on top, throw on some berries, or add a crunch with some nuts. Enjoy it cold, right from the jar.

Nutrition per serving

280 kcal	10 g	45 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- The oats will thicken as they sit. If you prefer a thinner consistency, add more milk when you serve.
- This recipe doubles or triples easily for meal prepping a week's worth of breakfasts.
- For a protein boost, stir in a scoop of vanilla protein powder with the dry ingredients.