

Zucchini Bread Recipes

Chai Spiced Overnight Oats – Easy Healthy 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 unsweetened almond milk
- [ ] 2 tbsp chia seeds
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract

Spice & Sweetener

- [ ] 1/2 tsp ground cinnamon
- [ ] 1/4 tsp ground ginger
- [ ] 1/4 tsp ground cardamom
- [ ] 1 pinch ground cloves

Instructions

1. In a jar, whisk together almond milk, honey, vanilla, and all the chai spices until fragrant.



2. Add rolled oats and chia seeds, stirring gently to coat every grain.



3. Seal the jar and refrigerate overnight, or at least four hours, letting the oats soften.



4. In the morning, give the mixture a quick stir; if it’s too thick, add a splash more milk.



5 Top with sliced banana, toasted almonds, or a drizzle of extra honey, then enjoy cold or warm gently.



Nutrition per serving

280 kcal	9 g	42 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, stir in a spoonful of Greek yogurt before serving.
- If you love extra spice, add a pinch of nutmeg or a dash of black pepper.
- Overnight oats freeze well; thaw in the fridge before breakfast if you made a big batch.