

Zucchini Bread Recipes

Easy Overnight Oats Recipes With Six Flavors

10 min Prep time	**10 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base Recipe (for all variations)

- [ ] 2 cups old-fashioned rolled oats
- [ ] 2 cups milk or milk alternative
- [ ] 1/4 cup chia seeds
- [ ] 1/4 cup maple syrup or honey
- [ ] 1 teaspoon vanilla extract
- [ ] Pinch of salt

Berry Bliss Variation

- [ ] 1 cup mixed berries (fresh or frozen)
- [ ] 1/4 cup sliced almonds
- [ ] 1 tablespoon lemon zest

Tropical Dream Variation

- [ ] 1 cup diced mango and pineapple
- [ ] 1/4 cup shredded coconut
- [ ] 2 tablespoons coconut milk (instead of regular milk)

Apple Cinnamon Variation

- [ ] 1 cup grated apple
- [ ] 1 teaspoon cinnamon
- [ ] 1/4 cup chopped walnuts
- [ ] 2 tablespoons raisins

Chocolate Banana Variation

- [ ] 2 ripe bananas, mashed
- [ ] 2 tablespoons cocoa powder
- [ ] 1/4 cup chocolate chips
- [ ] Optional: crumbled chocolate banana zucchini bread for topping

Peanut Butter & Jelly Variation

- [ ] 1/4 cup peanut butter
- [ ] 1/4 cup strawberry jam or preserves
- [ ] 2 tablespoons chopped peanuts

Pumpkin Spice Variation

- [ ] 1/2 cup pumpkin puree
- [ ] 1 teaspoon pumpkin pie spice
- [ ] 2 tablespoons pecans
- [ ] 1 tablespoon brown sugar

Instructions

1. Gather your jars or containers. I like using wide-mouth mason jars because they're easy to mix in and eat from. Have all your ingredients measured and ready. This is the part I actually find therapeutic - lining everything up, knowing breakfast will be waiting in the morning.

2. In a large bowl, combine the oats, chia seeds, and salt. Whisk them together so everything is evenly distributed. The chia seeds tend to clump, so break up any big clusters with your fingers. This is where the magic starts - these three ingredients will transform overnight.

3. Add the milk, maple syrup, and vanilla extract. Stir everything together until well combined. You want to make sure there are no dry pockets of oats. The mixture will look quite liquidy at first - that's perfect. It will thicken beautifully as it rests.

4. Divide the base mixture evenly among your jars, filling them about halfway. Now comes the fun part - adding the flavor variations. For each jar, stir in the specific ingredients for that flavor. Mix well to incorporate everything evenly.

5. Seal the jars tightly with lids. I always give each jar a little shake to make sure everything is well mixed. Place them in the refrigerator for at least 6 hours, or overnight. The oats need this time to soften and absorb the liquid properly.

6. In the morning, remove the jars from the refrigerator. The oats should be thick and creamy. Give them a good stir - you might need to add a splash more milk if they've thickened too much. Now add your fresh toppings - sliced fruit, extra nuts, or a drizzle of honey.

7. Serve cold, or if you prefer warm oatmeal, microwave for 60-90 seconds, stirring halfway. Enjoy your ready-made breakfast! Sometimes I'll crumble a piece of chocolate chip zucchini bread on top for a special treat.

Nutrition per serving

285 kcal	8 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Overnight oats thicken as they sit - don't worry if they seem thin initially
- You can adjust sweetness to taste - start with the recommended amount and add more if needed
- For a creamier texture, add 1/2 cup Greek yogurt to the base mixture
- They keep beautifully for up to 5 days in airtight containers