

Zucchini Bread Recipes

Healthy Overnight Oats – 3 Ways

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 ½ cups rolled oats
- [ ] 1 ½ cups milk (dairy or plant-based)
- [ ] ½ cup Greek yogurt
- [ ] 2 tbsp chia seeds
- [ ] 1 tbsp maple syrup or honey

Variations

- [ ] For brown-sugar: 2 tbsp brown sugar, ¼ tsp cinnamon
- [ ] For blueberry: ½ cup fresh blueberries, 1 tsp lemon zest
- [ ] For high-protein: ¼ cup protein powder, 1 tbsp almond butter

Instructions

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



2. Add chia seeds, yogurt, and maple syrup; mix gently to create a smooth base.



3. Choose your variation: stir in brown-sugar and cinnamon, or fold in blueberries and lemon zest, or blend in protein powder and almond butter.



4. Seal the container and place it in the refrigerator overnight, or at least 4 hours.



5 In the morning, give the oats a quick stir, add extra fruit or nuts if desired, and enjoy straight from the jar or in a bowl.



Nutrition per serving

320 kcal	12 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a smoother texture, blend the milk and oats briefly before adding chia.
- Adjust sweetness by tasting before refrigerating; flavors deepen overnight.
- If you like a warmer breakfast, microwave for 30-45 seconds before serving.