

Zucchini Bread Recipes

Matcha Overnight Oats

Vibrant matcha-infused oats, ready to enjoy after a simple night-time soak. Light, nutritious, and beautifully green.

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 1 tsp culinary-grade matcha powder
- [ ] 1 tbsp chia seeds
- [ ] 1 tbsp honey or maple syrup

Topping

- [ ] Fresh berries (strawberries, blueberries)
- [ ] Sliced banana
- [ ] A pinch of lemon zest
- [ ] Extra matcha dusting for garnish

Instructions

1. In a bowl or jar, whisk together almond milk, matcha powder, and honey until the matcha is fully dissolved.



2. Add rolled oats and chia seeds, stirring to coat evenly.



3. Cover the container and refrigerate overnight (or at least 4 hours).



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



5 Top with fresh berries, banana slices, a pinch of lemon zest, and a light dusting of matcha.



Nutrition per serving

280 kcal	8 g	42 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter bowl, add extra honey or maple syrup after soaking.
- For a creamier texture, use half oat milk and half coconut milk.
- Overnight oats keep well; you can prepare several days ahead for a quick grab-and-go breakfast.