

Zucchini Bread Recipes

Vanilla Overnight Oats

A quick, creamy vanilla oat breakfast that’s ready when you are.

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

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (or dairy-free alternative)
- [ ] 1 tsp pure vanilla extract
- [ ] 1 tbsp maple syrup or honey
- [ ] 1 tbsp chia seeds
- [ ] Pinch of salt

Topping

- [ ] Fresh berries or sliced banana
- [ ] Optional: a sprinkle of cinnamon

Instructions

1. In a jar or bowl, combine rolled oats, milk, vanilla extract, maple syrup, chia seeds, and a pinch of salt.
2. Stir well to ensure the chia seeds are evenly distributed and the vanilla coats each oat.
3. Seal the container and place it in the refrigerator for at least 4 hours, preferably overnight.
4. In the morning, give the oats a quick stir, top with fresh berries or banana, and add a dash of cinnamon if you like.
5. Enjoy straight from the jar or transfer to a bowl; savor the creamy vanilla flavor at your own pace.

Nutrition per serving

320 kcal	11 g	48 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats are too thick, thin with a splash of extra milk.
- Adjust sweetness by adding more or less maple syrup.
- For extra crunch, sprinkle toasted almonds on top.