

Long Livo

Basic Overnight Oats

Simple, healthy oats you can prep the night before—no cooking required, just soak and enjoy.

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 milk (dairy or plant-based)
- [ ] ½ cup Greek yogurt
- [ ] 1 tablespoon honey or maple syrup
- [ ] 1 teaspoon chia seeds
- [ ] Pinch of salt

Optional Toppings

- [ ] Fresh berries or sliced banana
- [ ] Nuts or granola
- [ ] Cinnamon sprinkle

Instructions

1. In a clean jar or bowl, combine rolled oats, milk, and a pinch of salt; stir until evenly coated.
2. Add Greek yogurt and honey, mixing gently to create a creamy base.
3. Stir in chia seeds; they will absorb some liquid and help thicken the mixture.
4. Seal the container, refrigerate overnight (or at least 4-6 hours) to allow the oats to soften.
5. In the morning, give the oats a quick stir, add your favorite toppings, and enjoy straight from the jar.

Nutrition per serving

340 kcal	14 g	50 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a splash of extra milk before serving.
- For extra protein, stir in a scoop of vanilla whey or plant-based protein powder.
- Taste and adjust sweetness after chilling; flavors mellow overnight.