

Long Livo

Brown Sugar Overnight Oats – Easy Morning Treat

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

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (cow or plant-based)
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp chia seeds
- [ ] 1/2 tsp vanilla extract

Optional Toppings

- [ ] Fresh berries or sliced banana
- [ ] A sprinkle of cinnamon
- [ ] A drizzle of maple syrup

Instructions

1. In a bowl or jar, whisk together the milk and brown sugar until the sugar is fully dissolved.
2. Stir in the rolled oats, chia seeds, and vanilla extract; make sure everything is evenly coated.
3. Cover the container and refrigerate for at least 4 hours or overnight, allowing the oats to soften and the mixture to thicken.
4. Before serving, give the oats a quick stir, then top with your favorite fruit, a pinch of cinnamon, or a drizzle of maple syrup.
5. Enjoy cold, or warm for 30 seconds in the microwave if you prefer a softer bite.

Nutrition per serving

320 kcal	10 g	48 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick in the morning, add a splash of extra milk.
- For a richer flavor, use half milk and half Greek yogurt.
- A pinch of sea salt can enhance the caramel sweetness.