

Long Livo

Cinnamon Roll Overnight Oats – Quick & Easy Breakfast

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 1/2 cup Greek yogurt
- [ ] 1/2 cup milk (dairy or plant-based)
- [ ] 2 tbsp brown sugar
- [ ] 1 tsp ground cinnamon
- [ ] 1/4 tsp ground nutmeg
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Chopped walnuts or pecans
- [ ] Cream cheese frosting drizzle
- [ ] Fresh apple slices

Instructions

1. In a bowl or jar, combine rolled oats, brown sugar, cinnamon, nutmeg, and a pinch of sea salt; give a quick stir.
2. In another container, whisk together Greek yogurt, milk, maple syrup, vanilla extract, and a splash of water if you like it looser.
3. Pour the wet mixture over the dry oat blend, ensuring every grain is coated. If you’re curious, check out protein chocolate for a different twist.
4. Seal the jar, give it a good shake, and refrigerate overnight (or at least 6 hours).
5. In the morning, stir the oats, taste, and adjust sweetness with extra maple or a drizzle of cream cheese frosting. Sprinkle toasted nuts or apple slices if you like.
6. Enjoy straight from the jar or transfer to a bowl; it’s perfect for a quick grab-and-go or a relaxed sit-down breakfast.

Nutrition per serving

280 kcal	12 g	38 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra cinnamon swirl, add a dash of cinnamon sugar on top before refrigeration.
- If the oats seem too thick, thin with a splash of milk just before serving.
- You can double the batch and keep additional jars ready for the week.