

Long Livo

Easy Chai Spiced Overnight Oats

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

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp chia seeds
- [ ] 1 tsp chai spice blend (cinnamon, cardamom, ginger, cloves)
- [ ] 1 tbsp maple honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Optional Toppings

- [ ] Fresh sliced banana
- [ ] Toasted almond slivers
- [ ] Greek yogurt
- [ ] A drizzle of extra honey

Instructions

1. In a mason jar or bowl, combine rolled oats and chia seeds; stir to distribute.
2. Add almond milk, chai spice blend, honey, vanilla, and lemon zest; whisk until smooth.
3. Seal the container and refrigerate overnight, or at least 6 hours, allowing the flavors to meld.
4. In the morning, give the oat mixture a quick stir; if it's too thick, add a splash of milk.
5. Top with your favorite choices—perhaps a banana bread slice, toasted almonds, or a spoonful of yogurt, and enjoy.

Nutrition per serving

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

Tips & notes

- For a richer texture, substitute half the almond milk with coconut milk.
- If you prefer a cooler breakfast, serve the oats straight from the fridge; warm them slightly for a cozier feel.
- A pinch of sea salt can brighten the sweet and spice notes.