

Long Livo

Overnight Oats – Easy Healthy Breakfast Recipe

5 min Prep time	**5 min** Total time	**1** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1/2 cup rolled oats
- [ ] 1/2 cup milk or plant-based milk
- [ ] 1 tablespoon honey or maple syrup
- [ ] 1/4 teaspoon vanilla extract
- [ ] Pinch of lemon zest

Toppings

- [ ] 1/4 cup fresh berries (strawberries, blueberries, or raspberries)
- [ ] 1 tablespoon chopped nuts or seeds
- [ ] Optional drizzle of extra honey

Instructions

1. In a clean jar, combine rolled oats and milk; stir until the oats are fully immersed.
2. Add honey, vanilla, and lemon zest; give it another good stir to distribute the flavors.
3. Seal the jar tightly and refrigerate overnight, or at least for 4-6 hours.
4. In the morning, top with fresh berries, nuts, and an extra drizzle of honey if you like. For a different twist, try the brown sugar version or even pumpkin pie style.

Nutrition per serving

250 kcal	8 g	38 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick in the morning, stir in a splash of extra milk.
- For added crunch, sprinkle granola just before serving.
- You can prep a week’s worth of jars; just rotate them for freshness.