

Long Livo

Overnight Oats With Chia Seeds And Yogurt

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

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp vanilla extract

Toppings

- [ ] Fresh berries (blueberries, strawberries, etc.)
- [ ] Sliced almonds or walnuts
- [ ] A drizzle of extra honey if desired

Instructions

1. In a wide-mouth jar, combine rolled oats and chia seeds; stir to distribute evenly.
2. Add milk, honey, lemon zest, and vanilla; mix thoroughly until the mixture looks uniform.
3. Seal the jar and refrigerate overnight, or for at least 4 hours, allowing the oats to soften and chia to gel.
4. In the morning, remove the lid, stir in Greek yogurt, and taste for sweetness; adjust if needed.
5. Top with fresh berries, nuts, and an extra drizzle of honey; serve chilled.

Nutrition per serving

350 kcal	18 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick in the morning, add a splash of milk to loosen it.
- For extra flavor, try a pinch of cinnamon or cardamom before sealing.
- Use seasonal fruit for the best texture and taste.