

Long Livo

# Vanilla Overnight Oats Recipe

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| **5 min**<br>Prep time | **5 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Base

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 2 tbsp honey
- [ ] 1 tsp pure vanilla extract
- [ ] 1 tbsp chia seeds (optional)

### Topping

- [ ] Fresh berries, sliced banana, or diced apple
- [ ] A pinch of cinnamon (optional)
- [ ] Extra drizzle of honey

## Instructions

1. In a jar or bowl, whisk together the milk and vanilla extract until fragrant.
2. Add the rolled oats, honey, and chia seeds (if using); stir until everything is evenly coated.
3. Seal the container and refrigerate overnight, or for at least 4 hours, allowing the oats to soften.
4. In the morning, give the mixture a quick stir, top with your favorite fruit, a dash of cinnamon, and an extra drizzle of honey if desired.
5. Enjoy straight from the jar or transfer to a bowl; savor the creamy vanilla aroma as you eat.

### Nutrition per serving

| 320 kcal | 10 g | 48 g | 9 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If the mixture seems too thick, thin it with a splash of extra milk.
- For extra crunch, sprinkle toasted nuts just before serving.
- Overnight oats can be prepared in bulk; just keep toppings separate to stay fresh.