



Long Livo

Basic Overnight Oats Recipe

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Main Ingredients

- ☐ 1 cup rolled oats
- ☐ 1 cup milk (dairy or plant-based)
- ☐ 2 tbsp maple syrup or honey
- ☐ ½ tsp vanilla extract

- ☐ Pinch of salt

Toppings (optional)

- ☐ Fresh berries
- ☐ Sliced banana
- ☐ Chopped nuts
- ☐ Coconut flakes

Instructions

- 1** In a sealable jar or bowl, combine rolled oats and milk; give it a good stir until everything is evenly moistened.
- 2** Add maple syrup, vanilla extract, and a pinch of salt; mix gently so the sweetener dissolves.
- 3** Seal the container and place it in the refrigerator for at least 4 hours, or overnight for best texture.
- 4** When ready to serve, give the oats a quick stir, top with your favorite fruits, nuts, or a drizzle of extra honey.
- 5** Enjoy cold straight from the jar, or microwave for 30 seconds if you prefer a warm bowl.

Nutrition per serving

320 kcal

Calories

10 g

Protein

45 g

Carbs

8 g

Fat

Tips & notes

- For a thicker consistency, reduce the liquid slightly.
- If using Greek yogurt, add it after chilling to keep the texture smooth.
- Stirring once after the first hour prevents clumps.