



Long Livo

Cake Batter Overnight Oats Recipe

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Base

- ☐ 1 cup rolled oats
- ☐ 1 cup milk (dairy or plant-based)
- ☐ 1/2 cup Greek yogurt
- ☐ 2 tbsp honey or maple syrup

- ☐ 1/2 cup vanilla cake mix

- ☐ 1 tsp vanilla extract

Optional Toppings

- ☐ 1/2 cup fresh berries
- ☐ 1 tbsp chopped nuts
- ☐ A sprinkle of cinnamon

Instructions

- 1** In a mixing bowl, whisk together milk, yogurt, honey, vanilla cake mix, and vanilla extract until smooth.
- 2** Add the rolled oats to the liquid mixture; stir until oats are fully coated.
- 3** Divide the oat mixture into two clean jars or containers, seal, and refrigerate overnight.
- 4** In the morning, give the oats a gentle stir, adding a splash of milk if you prefer a looser consistency.
- 5** Top with fresh berries, nuts, or a dash of cinnamon, and enjoy straight from the jar or warmed briefly.

Nutrition per serving

340 kcal

Calories

12 g

Protein

55 g

Carbs

8 g

Fat

Tips & notes

- If the oats seem too thick in the morning, simply stir in a little more milk.
- For extra richness, replace half the milk with heavy cream or coconut cream.
- A pinch of salt can heighten the sweet cake flavor without making it salty.