



Long Livo

Cookie Dough Overnight Oats – Easy Breakfast

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)
- ☐ ½ cup Greek yogurt (optional)
- ☐ 2-3 tbsp honey or maple syrup
- ☐ ½ tsp vanilla extract

- ☐ ¼ tsp sea salt

- ☐ ½ cup edible cookie-dough chunks

Optional Toppings

- ☐ Fresh berries
- ☐ Chopped nuts
- ☐ A drizzle of nut butter
- ☐ A sprinkle of cinnamon

Instructions

- 1** In a wide-mouth jar, combine rolled oats and milk; stir gently until the oats are fully immersed.
- 2** Add Greek yogurt, honey, vanilla, and sea salt; mix until the mixture looks smooth and creamy.
- 3** Fold in the cookie-dough chunks, letting them disperse without crushing.
- 4** Seal the jar, give it a quick shake, then place it in the refrigerator overnight (or at least 4-6 hours).
- 5** In the morning, stir the oats, top with berries, nuts, or a drizzle of nut butter, and enjoy straight from the jar.
- 6** If you like a warmer bowl, microwave for 30-45 seconds; the dough stays soft and the oats become extra cozy.

Nutrition per serving

340 kcal

Calories

12 g

Protein

44 g

Carbs

12 g

Fat

Tips & notes

- If you love a richer texture, add a spoonful of almond butter before chilling.
- For a chocolate twist, check out chocolate chip variations.
- The recipe can be doubled and frozen in portion-size jars for quick breakfasts.