



Long Livo

Overnight Oats – Healthy Low-Calorie Breakfast

5 min

Prep time

Easy

Difficulty

5 min

Total time

American

Cuisine

2

Servings

Breakfast

Course

Ingredients

Base

- ☐ 1 cup rolled oats
- ☐ 1 cup milk or plant-based milk
- ☐ 1 tablespoon honey or maple syrup
- ☐ 1/2 teaspoon vanilla extract

- ☐ Pinch of cinnamon

Toppings

- ☐ 1/2 cup fresh berries or sliced banana
- ☐ 2 tablespoons chopped nuts or seeds
- ☐ Optional: 1 tablespoon chia seeds

Instructions

- 1 In a jar or bowl, combine the rolled oats, milk, honey, vanilla, and cinnamon. Stir until everything is evenly coated.
- 2 Cover the container tightly and place it in the refrigerator for at least 4 hours or overnight.
- 3 In the morning, give the oats a good stir. If the mixture feels thick, add a splash of extra milk.
- 4 Top with your chosen fruit, nuts, and a drizzle of additional honey if you like extra sweetness.
- 5 Enjoy straight from the jar for a quick bite, or transfer to a bowl and savor the textures.

Nutrition per serving

280 kcal

Calories

10 g

Protein

38 g

Carbs

9 g

Fat

Tips & notes

- For a richer flavor, use a splash of almond milk instead of regular milk.
- If you love a touch of caramel, try a drizzle of brown sugar syrup.
- Remember to give the oats a quick stir before adding toppings to redistribute any settled liquid.