

Helergon Kitchen

Basic Overnight Oats Recipe

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup whole milk or almond milk
- [ ] 1 tbsp honey or maple syrup
- [ ] 1/2 tsp ground cinnamon
- [ ] Pinch of salt

Optional Toppings

- [ ] Fresh berries
- [ ] Chopped nuts
- [ ] A drizzle of extra honey

Instructions

1. In a clean jar, combine rolled oats, milk, honey, cinnamon, and a pinch of salt.
2. Stir gently until the mixture is uniform; make sure the oats are fully submerged.
3. Seal the jar tightly and place it in the refrigerator for at least 6 hours or overnight.
4. In the morning, give the oats a quick stir, add your favorite toppings, and enjoy.
5. If you like a warmer bowl, microwave for 30-45 seconds, then add toppings.

Nutrition per serving

280 kcal	9 g	38 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra protein, try the high protein version.
- A dash of brown sugar can be swapped for honey – see the brown sugar twist.
- If you’re after an easy, healthy breakfast, explore the easy healthy guide.