

Helergon Kitchen

Brown Sugar Overnight Oats

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 2 tbsp dark brown sugar
- [ ] 1 cup milk or plant-based alternative
- [ ] 1/2 tsp vanilla extract
- [ ] 1/4 tsp ground cinnamon
- [ ] Pinch of salt

Optional Toppings

- [ ] Fresh berries
- [ ] Chopped toasted nuts
- [ ] Drizzle of honey or maple syrup

Instructions

1. In a jar or bowl, combine rolled oats, brown sugar, and a pinch of salt.
2. Pour in the milk, then add vanilla extract and cinnamon; whisk until the sugar is mostly dissolved.
3. Cover the container and refrigerate overnight, or at least 6 hours.
4. In the morning, give the oats a good stir, then top with berries, nuts, or a honey drizzle.
5. Enjoy straight from the jar, or warm briefly in the microwave for a comforting treat.

Nutrition per serving

320 kcal	10 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, add a splash more milk before serving.
- For extra crunch, toast your nuts lightly in a dry pan before adding.
- A dash of nutmeg pairs beautifully with the brown sugar.