

Helergon Kitchen

Healthy Overnight Oats with Chia Seeds & Yogurt

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 1 cup rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup milk or plant-based milk
- [ ] 1/2 cup Greek yogurt
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tsp lemon zest
- [ ] Pinch of salt

Toppings

- [ ] Fresh berries (strawberries, blueberries, raspberries)
- [ ] Sliced almonds or chopped walnuts
- [ ] Extra drizzle of honey

Instructions

1. In a jar or bowl, combine the oats and chia seeds; stir to distribute evenly.
2. Add milk, yogurt, honey, lemon zest, and a pinch of salt; whisk gently until smooth.
3. Seal the container and refrigerate overnight (or at least 4-6 hours).
4. In the morning, give the mixture a quick stir, top with fresh berries, nuts, and an extra drizzle of honey before serving.
5. Enjoy straight from the jar, or transfer to a bowl if you prefer.

Nutrition per serving

320 kcal	15 g	45 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra sweetness, add a splash of vanilla extract before refrigerating.
- For a richer texture, use half milk and half kefir.
- Feel free to swap honey for agave nectar for a vegan version.