

Helergon Kitchen

Overnight Oats – Easy Healthy Breakfast Recipe

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

Ingredients

Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup milk (dairy or plant-based)
- [ ] ½ cup Greek yogurt
- [ ] 1 tsp honey or maple syrup
- [ ] ¼ tsp ground cinnamon
- [ ] Pinch of salt

Flavor Additions

- [ ] ½ cup fresh berries (blueberries, strawberries, or raspberries)
- [ ] 1 tbsp chopped nuts (optional)
- [ ] Brown sugar sprinkle for extra depth

Instructions

1. In a jar or bowl, combine rolled oats, milk, honey, cinnamon, and a pinch of salt; stir gently.
2. Fold in Greek yogurt until the mixture looks smooth and uniform.
3. Cover the container tightly and place it in the refrigerator overnight, or for at least 4-6 hours.
4. In the morning, give the oats a quick stir, then layer fresh berries and nuts on top.
5. Enjoy straight from the jar or transfer to a bowl; pair with a fruit smoothie for a complete breakfast.

Nutrition per serving

320 kcal	14 g	44 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats seem too thick, add a splash of extra milk before serving.
- For extra protein, stir in a scoop of protein powder (vanilla works well).
- Experiment with spices like nutmeg or cardamom for a seasonal twist.