

Treasure Barrel

Basic Overnight Oats – Quick Morning Comfort

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

Ingredients

Base

- [ ] 1½ cups rolled oats
- [ ] 1½ cups milk (dairy or plant-based)
- [ ] 1 tbsp maple syrup or honey (optional)
- [ ] ½ tsp ground cinnamon
- [ ] 1 tsp lemon zest

Optional Add-Ins

- [ ] ¼ cup fresh berries
- [ ] 2 tbsp chopped nuts
- [ ] 1 tbsp chia seeds
- [ ] A drizzle of nut butter

Instructions

1. In a medium bowl, combine rolled oats and milk; stir until the oats are fully submerged.
2. Add maple syrup (if using), cinnamon, and lemon zest; give it another gentle mix.
3. Cover the bowl or transfer to a jar with a lid, then place in the refrigerator for at least 4 hours or overnight.
4. In the morning, stir the oats, top with berries, nuts, chia seeds, or a drizzle of nut butter, and enjoy straight from the fridge.

Nutrition per serving

320 kcal	12 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, replace half the milk with Greek yogurt.
- If the mixture seems too thick, add a splash more milk before serving.
- You can prepare a week’s worth of jars in advance for effortless breakfasts.