

Treasure Barrel

Brown Sugar Overnight Oats

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

Ingredients

Base

- [ ] 1 1/2 cups rolled oats
- [ ] 1 1/2 cups milk (dairy or plant-based)
- [ ] 2 tbsp packed brown sugar
- [ ] 1 tbsp chia seeds
- [ ] 1/2 tsp vanilla extract
- [ ] Pinch of salt

Optional Toppings

- [ ] Fresh berries
- [ ] Sliced banana
- [ ] Chopped nuts
- [ ] A drizzle of maple syrup

Instructions

1. In a large jar or bowl, combine rolled oats, brown sugar, and a pinch of salt; give a gentle stir.
2. Pour milk over the dry ingredients, add vanilla extract, and mix until everything is evenly moistened.
3. Stir in chia seeds; they'll swell and help thicken the mixture while you sleep.
4. Seal the container and refrigerate overnight, or at least 4 hours, allowing flavors to meld.
5. In the morning, give the oats a quick stir, add a splash of milk if needed, and top with your favorite fruit or nuts.

Nutrition per serving

320 kcal	12 g	48 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oats seem too thick in the morning, simply stir in a little extra milk.
- For a richer flavor, toast the oats lightly before mixing.
- You can prepare several jars at once for a week-long breakfast plan.