

Treasure Barrel

Overnight No-Cook Refrigerator Oatmeal

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base Oats

- [ ] 1 ½ cups rolled oats
- [ ] 1 ½ cups milk or almond milk
- [ ] 2 tbsp chia seeds
- [ ] 2 tbsp maple syrup
- [ ] ¼ tsp cinnamon

Toppings

- [ ] ½ cup fresh berries or sliced banana
- [ ] 2 tbsp toasted almonds or walnuts
- [ ] Optional: a drizzle of honey

Instructions

1. In a large jar, combine rolled oats, milk, chia seeds, maple syrup, and cinnamon; stir until evenly mixed.
2. Cover the jar and refrigerate for at least 6 hours, preferably overnight, allowing the oats to soften.
3. When ready to serve, give the mixture a gentle stir, then top with fresh berries and toasted nuts.
4. Enjoy straight from the jar, or transfer to a bowl if you prefer a warmer feel; add a drizzle of honey if you like extra sweetness.

Nutrition per serving

320 kcal	9 g	44 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra protein, try the high protein oats version.
- For a caramel touch, swap maple syrup with brown sugar; see the brown sugar oats recipe.
- Add fresh fruit just before serving to keep its bright flavor and color.