

Treasure Barrel

Overnight Oats: Healthy Chia & Yogurt (3 Ways)

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

Ingredients

Base

- [ ] 1½ cups rolled oats
- [ ] 2 tbsp chia seeds
- [ ] 1 cup plain Greek yogurt
- [ ] ½ cup milk (dairy or plant-based)
- [ ] 1-2 tbsp honey or maple syrup
- [ ] ¼ tsp vanilla extract

Berry Variation

- [ ] ½ cup fresh blueberries
- [ ] 1 tbsp lemon zest
- [ ] Optional: a sprinkle of toasted almonds

Cocoa-Banana Variation

- [ ] 1 tbsp cocoa powder
- [ ] ½ sliced banana
- [ ] 1 tsp peanut butter (optional)

Apple-Cinnamon Variation

- [ ] ½ cup diced apples
- [ ] ¼ tsp ground cinnamon
- [ ] A drizzle of caramel sauce (optional)

Instructions

1. In a large jar or bowl combine rolled oats, chia seeds, yogurt, milk, honey, and vanilla. Stir until everything is evenly coated.
2. Cover the container and refrigerate overnight (or at least 6 hours) so the oats soften and the chia swells.
3. In the morning, give the mixture a gentle stir. Divide into four serving jars.
4. Add your chosen variation: sprinkle blueberries and lemon zest for the Berry version, swirl in cocoa and banana slices for the Cocoa-Banana version, or fold in apples and cinnamon for the Apple-Cinnamon version. Serve immediately or let sit another 5 minutes for the toppings to meld.

Nutrition per serving

350 kcal	18 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too thick, stir in a splash more milk.
- For extra crunch, top with toasted nuts just before serving.
- You can prepare the base in batches for the week; just add fresh fruit each day.