

Treasure Barrel

Overnight Oats Recipe – Quick & Healthy Breakfast

6 min Prep time	**6 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Base

- [ ] 2 cups rolled oats
- [ ] 2 cups milk (dairy or plant-based)
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp chia seeds

Toppings

- [ ] 1 cup fresh mixed berries (strawberries, blueberries, raspberries)
- [ ] 2 tbsp sliced almonds or walnuts
- [ ] Optional: a pinch of cinnamon

Instructions

1. In a large bowl, combine rolled oats, milk, honey, vanilla, and chia seeds; stir until evenly coated.
2. Divide the mixture into four jars or containers, leaving room at the top.
3. Top each with a generous handful of fresh berries and a sprinkle of nuts; cover and refrigerate overnight.
4. In the morning, give the jar a quick stir, add a drizzle of honey if desired, and enjoy straight from the jar.
5. Brown sugar lovers can swap honey for brown sugar for a deeper caramel note.
6. For a protein boost, stir in a scoop of breakfast cookies crumble just before serving.

Nutrition per serving

320 kcal	10 g	48 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture seems too thick, add a splash more milk before serving.
- Experiment with seasonal fruit—peach in summer, apple in fall.
- For extra crunch, toast the nuts lightly before topping.