

Helergon Kitchen

# Basic Overnight Oats Recipe

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|---|---|---|
| **5 min**<br>Prep time | **5 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Base Oats

- [ ] 1 cup rolled oats
- [ ] 1 cup whole milk or almond milk
- [ ] 1 tbsp honey or maple syrup
- [ ] 1/2 tsp ground cinnamon
- [ ] Pinch of salt

### Optional Toppings

- [ ] Fresh berries
- [ ] Chopped nuts
- [ ] A drizzle of extra honey

## Instructions

1. In a clean jar, combine rolled oats, milk, honey, cinnamon, and a pinch of salt.
2. Stir gently until the mixture is uniform; make sure the oats are fully submerged.
3. Seal the jar tightly and place it in the refrigerator for at least 6 hours or overnight.
4. In the morning, give the oats a quick stir, add your favorite toppings, and enjoy.
5. If you like a warmer bowl, microwave for 30-45 seconds, then add toppings.

### Nutrition per serving

| 280 kcal | 9 g | 38 g | 8 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra protein, try the high protein version.
- A dash of brown sugar can be swapped for honey – see the brown sugar twist.
- If you’re after an easy, healthy breakfast, explore the easy healthy guide.