

Helergon Kitchen

Overnight No-Cook Refrigerator Oatmeal

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup rolled oats
- [ ] 1 cup milk or almond milk
- [ ] ½ cup Greek yogurt
- [ ] 1 tablespoon honey or maple syrup
- [ ] 1 tablespoon chia seeds

Topping

- [ ] ½ cup fresh berries (strawberries, blueberries, or raspberries)
- [ ] 2 tablespoons sliced almonds or walnuts
- [ ] A pinch of ground cinnamon

Instructions

1. In a clean jar, combine rolled oats and milk; stir gently until the oats are fully immersed.
2. Add Greek yogurt, honey, and chia seeds; mix again, noticing the mixture thicken slightly.
3. Seal the jar and place it in the refrigerator. Let it rest overnight, or at least 6 hours.
4. In the morning, give the jar a quick stir, then top with fresh berries, nuts, and a sprinkle of cinnamon.
5. Enjoy straight from the jar or transfer to a bowl; savor the cool, creamy texture.

Nutrition per serving

320 kcal	12 g	45 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the oatmeal feels too thick in the morning, stir in an extra splash of milk.
- For added protein, fold in a scoop of vanilla protein powder before refrigerating.
- You can prepare multiple jars at once for a ready-made breakfast stash.