

Overnight Breakfast Porridge

A classic overnight oats recipe is a simple template that you can customize with different flavors and toppings.

Ingredients

- 1/2 cup old-fashioned rolled oats (avoid quick or steel-cut)
- 1/2 cup milk of your choice (dairy, almond, oat, or coconut milk work well)
- 1/4 cup plain Greek yogurt (optional, but adds extra creaminess and protein)
- 1 tbsp chia seeds (optional, for thickening and added nutrients)
- 1 tbsp maple syrup or honey (to taste)
- Pinch of salt

Instructions

1. Combine ingredients: In a jar with a lid (like a mason jar) or a small bowl, add the oats, milk, yogurt (if using), chia seeds, sweetener, and salt.
2. Stir thoroughly: Mix everything until well combined, ensuring no clumps of chia seeds or sweetener remain.
3. Cover and refrigerate: Seal the jar and place it in the refrigerator for at least 4 hours, but preferably overnight.
4. Add toppings: The next morning, stir the oats and add your favorite toppings. If the consistency is too thick, stir in an extra splash of milk.

Flavor variations

Once you have the base recipe down, you can create countless flavor combinations by adding mix-ins or toppings.

Fruit-based

- Berry: Top with fresh or frozen mixed berries and a spoonful of berry jam.
- Apple Cinnamon: Mix in diced apple, a sprinkle of cinnamon, and chopped pecans.
- Banana Nut: Add mashed banana, walnuts, and a dash of cinnamon.
- Tropical: Stir in chopped mango, pineapple, and shredded coconut.

Decadent and rich

- Chocolate Peanut Butter: Mix in a tablespoon of cocoa powder and peanut butter, then top with mini chocolate chips.
- Almond Joy: Add shredded coconut, slivered almonds, and mini chocolate chips.
- Carrot Cake: Stir in grated carrots, cinnamon, and raisins. Top with crushed pecans.

Classic combinations

- PB&J: Swirl in peanut butter and your favorite fruit jam. Top with fresh strawberries and crushed peanuts.
- Coffee: For a morning boost, use 3/4 cup milk and add 1/4 cup cooled, brewed coffee, plus a tablespoon of cocoa powder for a mocha flavor.