



Creamy Overnight Oats with Chia Seeds, Almond Milk, and Maple Syrup



1 serving



4 hours 10
minutes

INGREDIENTS

- 1/2 cup rolled oats
- 1 tablespoon chia seeds
- 1/2 cup almond milk
- 1/4 cup Greek yogurt
- 1 tablespoon maple syrup
- 1/2 teaspoon vanilla extract (optional)
- Fresh fruit and nuts for topping (optional)

1. Gather all your ingredients: rolled oats, chia seeds, almond milk, Greek yogurt, maple syrup, and any optional add-ins like vanilla extract or fresh fruit for toppings.
2. In a mason jar or medium-sized bowl, add 1/2 cup of rolled oats and 1 tablespoon of chia seeds. Stir them together to ensure they are evenly mixed.
3. Pour in 1/2 cup of almond milk. Mix everything thoroughly until the oats and chia seeds are fully incorporated with the liquids.
4. Add 1/4 cup of Greek yogurt. If you like a bit of sweetness, add 1 tablespoon of maple syrup. For a hint of flavor, you can also add 1/2 teaspoon of vanilla extract.
5. Cover the mason jar with its lid or the bowl with plastic wrap. Place it in the refrigerator and let it sit overnight, or for at least 4 hours. This allows the oats and chia seeds to absorb the liquid and soften.
6. In the morning, take out the jar or bowl and give the mixture a good stir. If it looks too thick, add a splash of almond milk and stir again until you reach your desired consistency.
7. Just before serving, top your overnight oats with a generous handful of fresh fruits to take the flavor and presentation to the next level—absolutely stunning!