Berry Overnight Oats

Creamy make-ahead oats, tangy yogurt and fresh berries make mornings simpler.

Prep 10 min **Cook** 0 min **Serves** 2
Rest / chill 240 min

Ingredients

- ☐ 1 cup old-fashioned rolled oats
- ☐ ¾ cup milk of choice
- ☐ ½ cup plain Greek yogurt
- ☐ 1 tbsp chia seeds, optional
- ☐ 1 tsp maple syrup, optional
- ☐ ½ tsp vanilla extract
- ☐ 1 cup berries
- ☐ 2 tbsp chopped toasted nuts, optional



Spoon & Joy recipe illustration.

Before you start

Plan for the chilling time
The listed active preparation takes 10 minutes, but the oats need at least 4 hours in the refrigerator. This is a make-ahead breakfast, not a ten-minute ready-to-eat meal.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Mix rolled oats, milk, yogurt, chia seeds, maple syrup and vanilla in a bowl.

2. Divide evenly between two jars and cover.

3. Refrigerate for at least six hours or overnight until the oats soften.

4. Stir and add more milk if needed.

5. Top with berries and nuts immediately before serving.

Storage & making ahead

Keep jars covered in the refrigerator, ideally eating within 2-3 days. Add crunchy toppings at serving time.

A useful variation Use peaches or chopped apples instead of berries. Old-fashioned oats hold their texture better than instant oats.

Read this recipe on Spoon & Joy