

Customizable Overnight Oats



A quick and filling breakfast you can prep the night before—perfect for busy mornings. This base recipe is delicious on its own but easily customizable to suit your taste or nutritional needs. Save time by prepping multiple servings for the week. Vary the flavours to enjoy something new each morning! Try our [Protein Apple Overnight Oats](#) or our chocolate-peanut version for more ready-to-go ideas.

Preparation 10 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 290

Fat 7

Carbohydrates 32

Fibre 7

Protein 24

Sodium 90

Ingredients

Main Recipe

- 80 ml (? cup) large rolled oats (or quick-cooking oats)
- 15 ml (1 tbsp) chia seeds (or ground flaxseeds)

- 125 ml (½ cup) plain 0% Greek yogurt
- 2.5 ml (½ tsp) pure vanilla extract

Optional Add-ins or Toppings

For extra consistency

- Natural peanut butter (or other nut butter)
- Unsweetened shredded coconut
- Nuts or seeds of choice

For a sweet touch

- Fresh or frozen fruit
- Dried or freeze-dried fruit
- Fruit jam (no added sugar)
- Maple syrup
- Unsweetened applesauce

For extra protein

- High-protein milk
- Protein powder of choice
- Textured vegetable protein (TVP)
- Additional Greek yogurt

For flavour variety

- Cocoa powder
- Cinnamon
- Pumpkin pie spice
- Instant coffee powder or a shot of espresso
- Citrus zest (lemon or other)

Preparation

1. In a small airtight container, combine the ingredients for the base recipe and any desired additions.
2. Stir with a spoon until well blended.
3. Refrigerate overnight, or for a minimum of 4 hours.
4. When ready to serve, add your desired toppings.
5. Enjoy chilled or warmed in the microwave.

Notes

Keeps for up to 5 days in the refrigerator.



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