

Vanilla Peach Overnight Oats



Simplify your mornings with this no-cook breakfast that comes together in a flash! Combining creamy yogurt with the juicy sweetness of peaches, these overnight oats offer the perfect balance of fibre and protein to keep you full until lunch. For more inspiration on busy mornings, explore our [10 Quick and Nutritious Breakfasts](#).

Preparation 5 min
Cooking 0 min
Waiting 120 min
Servings 1
Nutrition Facts (per serving)
Calories 295
Fat 8
Carbohydrates 56
Fibre 9
Protein 25
Sodium 100

Ingredients

- 80 mL (? cup) rolled oats (old-fashioned or quick-cooking)
- 15 mL (1 tbsp) chia seeds (or ground flaxseeds)
- A pinch of ground cinnamon (optional)
- 125 mL (½ cup) milk (or unsweetened soy beverage)

- 2.5 mL (½ tsp) vanilla extract
- 1 fresh peach, diced*

Preparation

1. In an airtight container, combine the rolled oats, chia seeds, and cinnamon.
2. Add the milk, Greek yogurt, and vanilla extract. Stir with a spoon until the mixture is smooth and well combined.
3. Gently fold in three-quarters of the diced peaches.
4. Cover and refrigerate for at least 2 hours, or ideally overnight.
5. Before serving, stir briefly and garnish with the remaining diced peaches.

Notes

Keeps for up to 3 days in the refrigerator.

*You can replace the fresh peach with an equivalent amount of frozen (thawed) or canned peaches, or swap it for another seasonal fruit such as an apple, plum, nectarine, or strawberries.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City