



SECOND HARVEST  
of SILICON VALLEY



# Creamy Overnight Oats Breakfast

## Ingredients

1/2 cup old-fashioned rolled oats  
1/2 cup milk of choice  
1/4 cup plain yogurt  
1 Tbsp chia seeds  
1 Tbsp honey  
1/4 tsp vanilla extract, optional

## Toppings:

See topping suggestions

**Servings:** 1

**Prep time:** 5 minutes

**Total Time:** chill for 4-5 hours,  
or overnight

**Storage:** refrigerate up to 5 days

## Directions

1. Place all base ingredients into a glass container or jar and mix until well combined.
2. Cover the container with a lid or plastic wrap. Place in the refrigerator for 4-5 hours or overnight.

## Topping suggestions:

- 1/4 cup blueberries + 1/2 banana, sliced + 1 Tbsp of peanut butter
- 1/2 apple, diced + 1/4 tsp cinnamon
- 1 Tbsp nut butter + 1 Tbsp shredded coconut + 1 Tbsp dried fruit

**Tip:** You can add in toppings before you place in the fridge or right before serving.

Recipe adapted from [feelgoodfoodie.net](http://feelgoodfoodie.net)