

My 5 Favorite Overnight Oats Recipes (+ 1 Bonus!)

(Psst..If you want to learn my exact meal prep strategy that saves me **tons of cash** every month, and **7+ free hours** every week, then you might want to check out my [Busy Bites Ebook Bundle](#). It's packed with value!)

Overnight oats is my favourite way to prep breakfast! It saves me a ton of time and I get so much free time in the morning to have a whole active/chill routine! But it could get repetitive so I like to switch up the flavors to make sure I have variety and never get bored of it.



Base Formula (My Go-To Everyday Oats)

- ½ cup rolled oats
- 1 tbsp ground flax or chia seeds
- 1 cup soy milk (or any plant-based milk)
- ½ scoop of your favorite plant-based protein powder
- Chopped nuts (walnuts, almonds, etc.)
- Seasonal fruit (mango, berries, banana, apple...)

Mix all ingredients in a jar or bowl, stir well, and let sit overnight in the fridge.

(This recipe provides roughly 20-25 g of protein.)

1. Chocolate Dream Oats

- ½ cup oats
- 1 tbsp chia seeds
- 1 cup oat or soy milk
- 1 tbsp cacao powder
- ½ scoop plant-based chocolate protein powder
- ½ banana (mashed or sliced)
- 1 tbsp dark chocolate chips or cacao nibs
- Pinch of sea salt

Tastes like brownie batter. Add a drizzle of almond butter to level it up.

2. Nutty Banana Crunch

- ½ cup oats
- 1 tbsp ground flax
- 1 cup almond milk
- ½ mashed banana
- 1 tbsp peanut butter or almond butter
- Handful of crushed walnuts or pecans
- Dash of cinnamon

Warm, cozy, protein-packed. Also I love the combination of anything nutty+banana!

3. Berrylicious Oats

- ½ cup oats
- 1 tbsp chia
- 1 cup soy or oat milk
- Mixed berries (frozen or fresh: blueberries, raspberries, strawberries)
- ½ Vanilla protein powder

Loaded with antioxidants — I swear this one also looks cute!

4. Cinnamon Apple Pie Oats

- ½ cup oats
- 1 tbsp flax
- 1 cup soy milk
- ½ chopped apple (microwaved for 1 min with cinnamon)
- Dash of maple syrup or stevia
- Pinch of nutmeg + cinnamon
- Almonds or pecans for crunch

Tastes like fall, every time. Add extra cinnamon for that apple-pie vibe.

5. Mocha Wake-Up Oats

- ½ cup oats
- 1 tbsp chia
- 1 cup almond milk + 2 tbsp cold brew coffee

- ½ scoop mocha or chocolate protein
- Cacao nibs or coffee granules
- A splash of vanilla extract

Your breakfast + coffee hit in one. Energizing and delicious.

✨ Bonus recipe for those EXTRA days: Tropical Vacation Oats

- ½ cup oats
- 1 tbsp chia
- 1 cup coconut milk
- Chopped pineapple + mango
- Coconut flakes
- Optional: squeeze of lime juice

It makes me think of pina coladas at the beach. Pairs perfectly with a morning walk or desk prep.

Oat Alternatives:

Not feeling oats? You can try these swaps:

- **Weetabix:** Crumble 1-2 biscuits into milk + fruit for similar texture
- **Quinoa flakes:** High-protein and super light
- **Buckwheat groats:** Crunchier, great for meal prep rotation
- **Chia pudding:** Use same base, just with more chia (3 tbsp to 1 cup milk)

Enjoy!!!

*(BTW: If you want to DIRECTLY **learn from me** how to save tons **of time, money**, and finally start living a life based on **healthy eating and living, while having fun**, then you should join the [priority list for the Busy Bites Blueprint Course](#). It's packed with video lessons, 1-on-1 coaching from me, private community, weekly live calls, support and so much more.)*