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Overnight oats: worth the hype?



Overnight Oats / Photo via Joy 'joyosity', Flickr

The pre-prepared meal is gaining popularity, but is it all it's cracked up to be?

They say that **breakfast** is the most important meal of the day. But unfortunately for most people, their hectic schedules don't give a lot of time in the morning for a **healthy** breakfast. But what if you could make your breakfast in a few minutes right before you go to bed? **Overnight Oats** have recently been gaining popularity on social media sites like Pinterest and bloggers are writing about different recipes across the web. They are pre-prepared so that one can make them the night before and then eat them the next morning. Most commonly, they are eaten cold but they can also be warmed up if one wishes to do so.

It's customizable

Lifestyle wise, Overnight Oats are an option for everyone. Raw rolled oats are mixed with equal amounts of milk or a milk substitute. They suit a plethora of different diets. At their core, they are gluten free and vegetarian without sacrificing protein. With simple changes to a non-dairy milk, they are perfect for those who are lactose intolerant or vegan.

Depending on your mood or preferences, you can then add in other ingredients. Yogurt or bananas are often added to thicken the mixture and to make it even more creamy. Other fruits such as dates, as well as nuts, seeds, spices, syrups, or chocolate can also be added. There are endless possibilities. To keep things on the healthy side, don't go too overboard with the add-ons.

I managed to come across a recipe for Brownie Overnight Oats and Cake Batter Overnight Oats.

My experience

After doing my research, it was time to test it out. I got some inspiration looking at a bunch of recipes and made it my own. I love to cook and bake and it's not uncommon for me to add a twist to a recipe. I put my Overnight Oats in a mason jar.

It does have an aesthetic appeal but it's functional at the same time because it then makes them portable. After mixing everything together, I put them in my fridge for approximately 11 hours.

Here is what I put in:

- 1 cup of raw rolled oats
- 1 cup of milk
- 1 small ripe banana, mushed
- 1/4 cup semisweet mini chocolate chips

- 1/8 cup pecans, crushed
- 1/2 tsp brown sugar

I eat normal oatmeal on a regular basis.

In comparison, I found Overnight Oats to be creamier and more savory. It had a really nice consistency; it was easy to scoop out. They were very filling, I ate about half of the jar and saved the rest for later.

Final thoughts

I thoroughly enjoyed my Overnight Oats. It doesn't take long to put everything together. They are a great option for parents because they can make different ones for everyone in the family. I may suggest to use plastic mason jars or containers for those who are accident prone! They are also great for anyone with a hectic schedule because you can just grab them and go. There is something for everyone and it's easy to change it up for when you want something different.