

Mason Jar Overnight Oats {Meal Prep}

Make a week's worth of this healthy, hearty, delicious breakfast in just a few minutes. Customize with nut butters, dried or fresh fruit, or your other favorite toppings.

Prep Time
10 mins

Total Time
10 mins

Course: Breakfast Keyword: meal prep, overnight breakfast

Servings: 5 servings Calories: 343kcal

Author: Jess Smith via Inquiring Chef Cost: \$3.00



4.75 from 4 votes

Equipment

- Mason Jars

Ingredients

- 5 Tbsp Almond Butter
- 5 tsp Chia Seeds (opt)
- 2 1/2 cups Rolled or Old-Fashioned Oats
- ~2 1/2 cups Milk (use any type of milk you like - skim, 2%, almond, coconut, etc.)
- 10 oz Frozen berries (any type or a mix)
- Honey (opt)

Instructions

1. Set out five 8-oz Mason Jars (or other similar-sized container). Fill each jar with almond butter (2 Tbsp / jar), chia seeds (1 tsp / jar), and oats (1/2 cup / jar).
2. Slowly pour milk over top, giving it time to fill in the spaces between the oats. (Note: Be sure that the oats are just barely covered with milk. You may need a little more or less than the amount listed.)
3. Top oats with frozen berries and a drizzle of honey (if you'd like).
4. Put lids on the jars and transfer to the fridge. Refrigerate overnight and up to five nights.
5. When you're ready to eat the oats, just pull them out of the fridge and dive in. These are best served chilled.

Notes

Chia seeds are optional, but they soak up the liquid and add a great texture contrast / layer with a bit of seedy crunch. Be sure to get rolled or "old-fashioned" oats. Quick cook or instant oats will soften too much if left overnight to soak in liquid. If you need these to be gluten-free, be sure to choose rolled oats that are certified gluten-free (not all are). These are portioned to be a fairly modest breakfast. I also often take them to work as a morning or afternoon snack. If you want a heartier option, you can easily double the amounts listed and use 16 oz Mason Jars. Nutrition information was calculated using skim milk.

Nutrition

Serving: 1g | Calories: 343kcal | Carbohydrates: 45g | Protein: 15g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 10g | Cholesterol: 3mg | Sodium: 91mg | Fiber: 9g | Sugar: 10g