

YIELD: 1 LARGE SERVING, OR 2 SMALL

Chai Latte Overnight Oats

Get all the flavor of a warm cup of chai in an easy grab-and-go breakfast with these Chai Latte Overnight Oats.

PREP TIME

5 minutes

TOTAL TIME

5 minutes

Ingredients

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves (see note)
- 1/2 teaspoon ground ginger
- 1 tablespoon chia seeds or ground flaxmeal
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 0–2 tablespoons honey or maple syrup

Instructions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a pint or half liter jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

Notes

- A little bit of cloves can go a long way! If your cloves are especially strong or fresh, you may want to use less to keep it from overpowering the other spices.
- Make up a big batch of the chai spice mix for flavoring all kinds of goodies. Then add a rounded tablespoon of the spice mix to each batch of your chai overnight oats.

