

# Scandinavian Overnight Oats (Norway & Sweden)

Prep Time: 5 minutes

Chill Time: Overnight (6–8 hours)

Servings: 1

## Ingredients:

- ½ cup rolled oats
- ½ cup unsweetened yogurt or almond milk
- 1 tsp chia seeds
- Handful of berries or grated apple
- Drizzle of honey (optional)

## Instructions:

1. In a jar or bowl, combine rolled oats, yogurt (or almond milk), and chia seeds.
2. Stir well to mix all ingredients evenly.
3. Cover and refrigerate overnight (6–8 hours) to let oats soak and soften.
4. In the morning, top with fresh berries or grated apple. Drizzle with honey if desired.
5. Enjoy chilled for a creamy, filling, nutrient-packed breakfast.

## Nutritional Values (Approximate per serving):

- Calories: 220 kcal
- Protein: 8 g
- Carbohydrates: 35 g
- Fiber: 7 g
- Fat: 5 g (mostly healthy fats from chia seeds)
- Sugars: 8 g (natural from fruit and optional honey)

## Health Benefits:

- High in fiber to support digestion and long-lasting fullness.
- Protein-rich to maintain energy and muscle health.
- Probiotics from yogurt support gut balance and immunity.
- Slow-digesting carbs stabilize blood sugar and curb cravings.
- Antioxidants from berries promote overall health and reduce inflammation.

## Pro Tips:

- Use unsweetened almond milk or yogurt to control sugar content.
- Prep 2–3 jars at a time for easy grab-and-go breakfasts.
- Swap berries with seasonal fruits for variety and extra nutrients.
- Add a sprinkle of cinnamon or nutmeg for natural flavor and metabolism support.
- If you like extra creaminess, stir in a teaspoon of nut butter before serving.