Prep time: 10 minutes | Chill time: 4 hours minimum (overnight recommended) | Total time: 4 hours 10 minutes (or overnight)

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Equipment

- 2 glass jars or containers with lids (about 350–400 ml each)
- Mixing bowl
- Fork or potato masher

- Measuring cups and spoons
- Spoon for layering

Instructions

Step 1: Mash the Banana

In a mixing bowl, mash the ripe banana with a fork until mostly smooth with a few small chunks remaining. A very ripe, spotted banana provides natural sweetness, so you can reduce or skip the added sweetener.

Step 2: Combine the Base

Add the rolled oats, milk, Greek yogurt, chia seeds (if using), maple syrup (if using), vanilla extract, and pinch of salt to the mashed banana. Stir well until everything is evenly combined and no dry oat pockets remain.

Step 3: Layer the Jars

Spoon half the oat mixture into each jar. Add a layer of mixed berries (about ¼ cup per jar), pressing them gently into the oats. Top with the remaining oat mixture, then finish with another small handful of berries and a few banana slices.

Step 4: Seal and Chill

Seal the jars tightly and refrigerate for at least 4 hours, or ideally overnight (8–12 hours). The oats need time to absorb the liquid and soften to a creamy texture.

Step 5: Stir and Adjust

Before eating, stir the oats well. If the mixture is too thick, loosen it with a splash of milk (1–2 tablespoons). Taste and add a drizzle of honey or maple syrup if you'd like more sweetness.

Step 6: Serve

Top with fresh banana slices, extra berries, or a sprinkle of chia seeds, and enjoy cold or gently warmed.

Time and Intensity Guide

Stage	Time	Intensity Level
Mashing banana	1–2 min	Low
Mixing the base	3–4 min	Low (active stirring)
Layering into jars	3–4 min	Low
Sealing and refrigerating	4–12 hours	Low (fully passive)
Stirring and adjusting before serving	1–2 min	Low
Topping and serving	1–2 min	Low

Overall intensity: Very Low — a quick 10-minute hands-on session followed by hands-off chilling.

Tips for the Best Overnight Oats

- Use rolled oats, not instant. Instant oats turn mushy; steel-cut oats stay too chewy. Rolled oats hit the right creamy texture.

- Respect the ratio. Roughly equal parts oats and liquid by volume is the starting point; adjust for your preferred thickness.
- Frozen berries work beautifully. They thaw in the fridge and release juices that swirl through the oats—no need to defrost first.
- Add chia seeds for body. They thicken the mixture and add fiber and healthy fats.
- Keep it to 4–5 days. Beyond that, texture and freshness decline.

Variations

- Peanut Butter Banana: Stir 1 tablespoon peanut butter into the base and skip the maple syrup.
- Tropical: Use coconut milk and add diced mango and shredded coconut.
- Protein-Boosted: Add ½ scoop vanilla protein powder and increase milk by 2 tablespoons.
- Warm Version: Microwave a serving for 60–90 seconds and stir before eating.
- Vegan: Use plant-based milk and a dairy-free yogurt alternative.

Serving Suggestions

Enjoy straight from the jar as a grab-and-go breakfast, layer into a parfait with extra yogurt and granola, or serve alongside coffee and a hard-boiled egg for a balanced morning meal.

Nutrition Information (per serving)

Based on 2 servings, using 2% milk, plain Greek yogurt, chia seeds, and no added sweetener; values are approximate.

Nutrient	Amount per Serving
Calories	~370 kcal
Total Fat	9 g
— Saturated Fat	2.5 g
Carbohydrates	55 g
— Dietary Fiber	9 g
— Sugars	17 g
Protein	17 g
Sodium	~110 mg
Calcium	~20% DV
Iron	~10% DV
Potassium	~500 mg