

# Cinnamon Roll Overnight Oats



“These cinnamon roll overnight oats deliver all the cozy, spiced flavor of ooey-gooey cinnamon rolls in a lighter make-ahead breakfast.”

Total Time: 10 min. prep + chill overnight.

Yields: 2 servings

## INGREDIENTS:

- 1 cup old-fashioned oats
- 4 tablespoons packed brown sugar
- 1 to 2 teaspoons ground flaxseed
- 1/4 teaspoon ground cinnamon
- 2/3 cup vanilla soy milk or oat milk\*
- 1/2 cup vanilla Greek yogurt
- 1 teaspoon vanilla extract

## Optional Garnish/Toppings:

- Cinnamon sticks (3 inches)
- Fresh berries
- Granola
- Chopped nuts
- Drizzle of honey or maple syrup

## DIRECTIONS:

1. In a small bowl, whisk together oats, brown sugar, flaxseed and cinnamon. Stir in milk, yogurt and vanilla until combined. Divide into containers. Cover; refrigerate overnight. If desired, garnish with a cinnamon stick [or other toppings] before serving.

\*Regular milk works just as well as nondairy milk in these cinnamon roll overnight oats. Whole milk will give the oats a richer, creamier texture, while lower-fat milk keeps the flavor and texture a bit lighter. Feel free to use whatever milk you typically have on hand.

<https://www.tasteofhome.com/recipes/cinnamon-roll-overnight-oats/>