OVERNIGHT OATS FOR HEALTHY ATHLETES

A make-ahead breakfast for training days



This make-ahead breakfast or snack is an easy way for active people to prep satisfying fuel the night before. It combines slow-digesting oats, yogurt, milk, chia seeds, nut butter, berries, and a touch of sweetness in one ready-to-eat jar.

Yield	1 serving
Prep time	5 minutes
Chill time	At least 4 hours, preferably overnight

🥣 Ingredients

- ½ cup rolled oats
- ½ cup Greek yogurt
- ½ cup milk of choice
- 1 tablespoon chia seeds
- 1 tablespoon nut butter
- ½ cup berries, fresh or frozen
- 1 teaspoon honey or maple syrup

Easy substitutions: For dairy-free oats, use unsweetened plant-based yogurt and milk. For a nut-free version, use sunflower-seed or tahini butter, and check that the oats and other ingredients are made in a nut-free facility if needed. Raisins or shelled sunflower seeds work great as a chia substitute.

👩‍🍳 Preparation

1. Add the oats, Greek yogurt, milk, chia seeds, nut butter, and honey or maple syrup to a jar or container with a lid.
2. Stir until evenly combined, scraping the bottom so the chia seeds do not clump.
3. Fold in the berries, or layer them on top.
4. Cover and refrigerate for at least 4 hours or overnight.
5. Stir before eating. Add a splash of milk if the oats are thicker than you prefer.

⚡ Athlete-friendly ideas

Goal	Try this
More carbohydrates	Add a sliced banana, extra berries, dried fruit, or a little more honey or maple syrup.
More protein	Stir in extra Greek yogurt or choose a higher-protein milk.
More energy	Add another spoonful of nut or seed butter, granola, or chopped seeds.
Fresh flavor	Top with cinnamon, cocoa powder, pumpkin seeds, or coconut.

Adjust around training: For a higher-carbohydrate option before or after a longer or harder session, increase fruit, oats, or syrup. For more protein after training, add yogurt or use a higher-protein milk. Keep the portion and timing practical for your schedule and personal tolerance. I use this full portion as a great after training meal but a smaller portion works great before you begin to train.

🧊 Storage and nutrition

Keep covered in the refrigerator and enjoy within 3 days. Stir before serving. If using frozen berries, they can thaw directly in the container overnight.

Approximate nutrition per serving — estimate:

About 500 calories, 60 g carbohydrates, 25 g protein, and 18 g fat. Values vary with the type of milk, yogurt, nut butter, berries, and sweetener used.

Individual fueling needs vary, and a qualified sports dietitian can provide personalized advice.