

Sticky Toffee Overnight Oats

Date-sweetened, make-ahead breakfast, ready to grab



PREP TIME
5 minutes



CHILL TIME
Overnight (4 hrs min)



MAKES
2 servings

INGREDIENTS

- 4 Medjool dates, pitted
- $\frac{3}{4}$ cup hot water
- 1 cup rolled oats (not quick or instant)
- 1 cup milk of choice
- 1 tbsp maple syrup, plus more to taste
- $\frac{1}{2}$ tsp ground cinnamon
- Pinch of salt

Optional topping: chopped walnuts, banana slices, or a dollop of yogurt.

SWAP IT

Any milk works here. Dairy, oat, or almond all set up the same way.

STORAGE

Keeps in a sealed jar in the fridge for up to 5 days. Stir well and add a splash of milk before eating.

INSTRUCTIONS

1

Soften the dates.

Cover the dates with the hot water in a small bowl. Let sit 5 minutes until soft.

2

Blend smooth.

Add the softened dates, soaking water, cinnamon, and salt to a blender. Blend until completely smooth.

3

Combine.

Stir the oats, milk, date puree, and maple syrup together in a jar until no dry oats remain.

4

Chill.

Cover and refrigerate overnight, or at least 4 hours.

5

Stir and serve.

Stir well since the oats settle as they chill. Loosen with a splash of milk, then add your topping.

KITCHEN NOTE

Stick with old-fashioned rolled oats. Quick or instant oats have already been partly cooked, so a full overnight soak turns them gluey instead of creamy.

MIX IT UP

● Extra protein

Stir in a scoop of vanilla protein powder with the date puree.

● Chocolate twist

Add 1 tbsp cocoa powder for a mocha-toffee flavor.

● Nuttier

Swap the walnuts for pecans, which pair especially well with dates.

● No blender

Finely chop the softened dates instead, for a chunkier texture.

Tested recipes built around what's already in your pantry.

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