

## Earl Grey Overnight Oats

**Yield** 3 servings / **Prep & cook time** About 25 minutes, not including overnight rest

2 Earl Grey tea bags  
2 cups just-boiled water  
1 ¼ cups (150g) [fresh rolled or pressed \(raw\) oats](#)  
1 to 2 tablespoons maple syrup or honey, to taste  
Zest of 1 orange  
¼ teaspoon fine sea salt  
3 tablespoons chia seeds  
½ cup (120g) plain yogurt, any kind  
Toppings of choice: fresh fruit, jam or marmalade, dollops of yogurt, toasted nuts or seeds, a drizzle of extra honey, maple syrup, or good olive oil

[Hayden Flour Mills Fresh Rolled Oats](#) are raw and **fresh**, meaning that they're not heat treated (like most other oats on the market), which preserves their flavorful but delicate natural oils. They must be gently but thoroughly toasted first before consuming. You can use standard rolled oats instead and you don't need to toast them, but toasting does have the advantage of awakening their flavor a bit.

Use coconut milk in place of the yogurt to change up the flavor. Omit the tea for a simple, orange-kissed version of overnight oats.

1. In a 2-cup (or larger) capacity heat-safe measuring glass, combine the tea bags and water, and allow to steep for 8 to 10 minutes, until strongly brewed. Pick out the tea bags and squeeze out the liquid.

2. Meanwhile, set a dry skillet over medium-low heat and add the oats. Gently toast them until beautifully fragrant and darkened a shade, 8 to 10 minutes, stirring or swirling the pan often.

3. Transfer the oats to a mixing bowl and pour the tea over them. Stir in the maple syrup, orange zest, and salt, and let stand for 10 to 15 minutes to cool slightly. Then stir in the chia seeds and yogurt. Divide between three jars and once cool, cover, and move to the fridge to set for at least 6 hours or ideally overnight.

4. Serve cold or at room temperature, topped as you please.