



A Healthy Obsession: Gingerbread Overnight Oats You'll Crave Year Round

These gingerbread overnight oats go beyond good flavor—they're designed to support your body, not fight it. With real, grounding ingredients and warming spices, this breakfast helps you feel satisfied, steady, and nourished instead of chasing hunger an hour later. The gingerbread spice blend does more than taste good; spices like ginger, cinnamon, cloves, and nutmeg are known for supporting digestion, blood sugar balance, and inflammation response.

And these gingerbread overnight oats aren't just a holiday thing. This easy, creamy, gently spiced, and naturally sweetened make-ahead breakfast is grounding and satisfying any time of year. It's proof that food can taste great and work with your body at the same time. Try it with a banana for a potassium boost and a surprisingly perfect flavor combo.

Watch the YouTube demo to see how easy this comes together.

Ingredients

Overnight Oats

- 1 cup almond milk (I like Califia)
- 1 cup oats (I like protein oats)
- 1 cup unsweetened, unflavored coconut yogurt (I like Harmless Harvest)
- 1/4 cup date paste
- 1½ tsp gingerbread spice (recipe below)

Gingerbread Spice Blend

- 2 TB ground allspice
- 2 TB ground Ceylon cinnamon
- 2 TB ground ginger
- 1½ tsp ground cloves
- 1½ tsp ground nutmeg
- Pinch of ground black pepper

Instructions

Prepare the gingerbread spice first by combining all spice blend ingredients in a small bowl. Mix well and store in an airtight container in your pantry. Set aside.

In a medium bowl, combine almond milk, oats, and coconut yogurt. Stir until smooth and fully combined.

Add the date paste and gingerbread spice, stirring well so everything is evenly distributed.

Spoon the mixture into jars with lids and store in the refrigerator for up to 4 days.

The oats are ready to eat after 24 hours in the fridge, once they've thickened and the flavors have settled.