

Hormone-Harmony Overnight Oats

(Naturopathic Recipe)

A simple, nourishing overnight oats recipe designed with a naturopathic lens — supporting steady energy, balanced blood sugar, gut health, and hormone harmony. This is an ideal make-ahead breakfast for busy mornings and a great option if you're aiming to reduce cravings and feel satisfied for longer.

Ingredients (Serves 1)

Base

- 50g rolled oats
- 120g full-fat Greek yoghurt
- 1 tbsp chia seeds (10–12g)
- 1 tbsp ground flaxseed (linseed)
- 80–100g berries (fresh or frozen — blueberries/raspberries work beautifully)
- ½ tsp cinnamon
- Pinch of sea salt
- 80–120ml milk of choice (dairy or unsweetened almond/coconut), to reach your preferred consistency

Optional Boosts (choose 1–2)

- 1 tbsp walnuts, roughly chopped
- 1 tbsp pumpkin seeds
- 1 scoop collagen or protein powder (if tolerated)
- ½ small apple or pear, grated (for extra fibre)

Method

1. Combine dry ingredients: In a jar or bowl, mix the oats, chia seeds, ground flaxseed, cinnamon, and a pinch of sea salt.
 2. Add the creamy base: Stir in the Greek yoghurt and milk until smooth and well combined. Adjust the milk depending on how thick you like your oats.
 3. Add fruit: Fold in the berries, or layer them on top if preferred.
 4. Cover and chill: Refrigerate for at least 4 hours, ideally overnight (8–12 hours) to allow the oats and seeds to soften and thicken.
 5. Serve: Stir well in the morning, add a splash more milk if needed, and top with your chosen optional boosts.
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Naturopathic Benefits: What Each Ingredient Supports

Rolled oats

Oats provide slow-release carbohydrates for steady energy and improved satiety, helping to reduce energy dips and cravings. They also contain beta-glucan fibre, which supports digestive health and helps maintain healthy cholesterol balance.

Full-fat Greek yoghurt

Greek yoghurt offers a blend of protein and nourishing fats, supporting blood sugar stability and keeping you fuller for longer. If live cultures are present, it can also support the gut microbiome, an important foundation for overall wellbeing and hormone balance.

Chia seeds

Chia seeds are rich in soluble fibre, forming a gel-like texture that supports regular bowel movements and digestive comfort. They also provide plant-based omega-3 fats, which support inflammation balance, skin health, and overall cellular function.

Ground flaxseed (linseed)

Flaxseed is particularly supportive for hormone health due to its natural lignans, which can help support healthy oestrogen metabolism. The fibre content also supports regularity, which is key for effective hormone clearance through the gut.

Berries

Berries provide powerful antioxidants and polyphenols, which support cellular protection and help feed beneficial gut bacteria. They are also naturally lower in sugar than many fruits, making them helpful for craving control and balanced blood sugar.

Cinnamon

Cinnamon is traditionally used to support healthy blood sugar regulation and can help reduce sweet cravings by adding natural warmth and sweetness without added sugar.

Pinch of sea salt

A small pinch of sea salt supports mineral balance and enhances flavour, making the recipe satisfying without needing extra sweeteners.

Milk (unsweetened)

Milk helps create the ideal creamy consistency and supports hydration. Choosing unsweetened options can help keep this breakfast more supportive for stable energy and blood sugar.

Optional Boosts (Extra Targeted Support)

Walnuts

Walnuts provide additional omega-3 fats, supporting brain health, mood, and satiety — ideal if you want a breakfast that keeps you full for longer.

Pumpkin seeds

Pumpkin seeds are a rich source of zinc and magnesium, nutrients commonly associated with skin health, mood support, and hormone balance.

Collagen / protein powder

Adding protein can further support satiety, muscle maintenance, and craving reduction, particularly helpful for active women or those aiming for body re-composition.

Grated apple or pear

These fruits provide pectin fibre, supporting gut function, digestion, and regularity — a key part of naturopathic foundations.

Helpful Tip

For many women, the most supportive breakfast pattern is:

Protein + fibre + healthy fats → helps stabilise blood sugar → supports energy, mood, and reduced cravings throughout the day.