

## Classic Museli Overnight Oats

with Apples



under 20min



2 Servings

### What we send

- 2 (3 oz) oats
- 8 oz milk <sup>7</sup>
- 4 oz Greek yogurt <sup>7</sup>
- 1 apple
- ¼ oz ground cinnamon
- 1 oz sliced almonds <sup>15</sup>
- 1 oz raisins <sup>17</sup>
- 1 oz dried cranberries
- 1 oz walnuts <sup>15</sup>
- 2 oz maple syrup

### What you need

- kosher salt

### Tools

#### Allergens

Milk (7), Tree Nuts (15), Sulphites (17).

May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

#### Nutrition per serving

Calories 0kcal

## 1. Prep ingredients

Preheat oven to 375° F with rack in center.

Cut apple into ½-inch pieces.

## 4. Add oats & fruit

To bowl with liquids, stir in oats, cubed apples, 1 teaspoon cinnamon (can add more to taste), a pinch of salt, and all of the dried fruit.

Oats should just be covered by liquid.

## 2. Toast nuts

Transfer nuts to rimmed baking sheet. Bake on center oven rack and cook until fragrant and browned, 8-10 minutes. Transfer to small bowl and reserve until step 6.

## 5. Marinate oats

Cover bowl with plastic wrap and transfer to fridge. Let sit over night to allow oats to plump up.




## 3. Make liquid

In a medium bowl, stir to combine all of the milk, 1 cup water, and 1 packet of maple syrup.

## 6. Serve

Remove from fridge and stir the mixture so that the fruit is evenly incorporated. Gently fold in the yogurt. Transfer to serving bowls. Top with toasted nuts and remaining maples syrup. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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