



Classic Muesli Overnight Oats

with Apples



under 20min



2 Servings

Muesli has been a healthy breakfast tradition for generations, originating in the Swiss Alps. We take that classic recipe and modernize it by making no-fuss overnight oats. Maple syrup is the only sweetener we use to sweeten the milk which the oats soak up overnight. Fresh apple and dried fruits soak along with the oats, and in the morning, we stir in protein-packed Greek yogurt and top it all with crunchy toasted nuts.

What we send

- 1 apple
- 1 oz sliced almonds ¹⁵
- 1 oz walnuts ¹⁵
- 8 oz milk ⁷
- 2 (1 oz) maple syrup
- 2 (3 oz) oats
- 1 oz raisins ¹²
- 1 oz dried cranberries
- ¼ oz ground cinnamon
- 4 oz Greek yogurt ⁷

What you need

- kosher salt

Tools

- rimmed baking sheet

Allergens

Milk (7), Sulphur dioxide and sulphites (12), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 410kcal, Fat 16g, Carbs 63g, Protein 14g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center.

Quarter **apple**, discard core, and cut into ½-inch pieces.



2. Toast nuts

Transfer **almonds and walnuts** to a rimmed baking sheet. Bake on center oven rack until fragrant and browned, 8-10 minutes (watch carefully). Transfer to a small bowl and reserve until step 6.



3. Make maple milk

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



4. Add oats & fruit

To **bowl with milk**, stir in **oats, cubed apples, raisins, cranberries, 1 teaspoon cinnamon** (can add more to taste), and **a pinch of salt**.

Oats should just be covered by the liquid.



5. Marinate oats

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



6. Finish & serve

Remove **oats** from fridge and stir to evenly incorporate the fruit. Gently fold in the **yogurt**. Transfer to serving bowls. Top with **toasted nuts** and **remaining maple syrup**. Enjoy!