

MARLEY SPOON



Peaches & Cream Overnight Chia Pudding

with Homemade Almond Granola



under 20min



2 Servings

Chia seeds are one of our favorite superfoods! An excellent source of fiber and antioxidants, they magically expand in liquid to create a pudding that pairs with your favorite fruits and nuts. We make a homemade granola of oats and almonds tossed with maple syrup and warming Chinese five spice. Marinated peaches are the perfect finishing touch! (2p-plan serves 2; 4p-plan serves 4—nutrition reflects 1 bowl of pudding)

What we send

- 8 oz milk ¹
- 1.15 oz peanut butter ²
- 2 (1 oz) maple syrup
- 4 (¼ oz) chia seeds
- 3 oz oats
- ¼ oz Chinese five spice
- 1 oz sliced almonds ³
- 2 peaches

What you need

- kosher salt
- butter ¹

Tools

- rimmed baking sheet
- microwave

Allergens

Milk (1), Peanuts (2), Tree Nuts (3).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 32g, Carbs 80g,
Protein 21g



1. Mix pudding & chill

In a large bowl, whisk to combine **milk, peanut butter, half of the maple syrup, ½ cup water, and a pinch of salt.** Add **all of the chia seeds** and **all but ¼ cup oats.** Stir to combine. Cover with plastic wrap and refrigerate overnight.



4. Marinate peaches

Meanwhile, halve **peaches**, remove pits, and cut into ½-inch pieces. Transfer to a large bowl; stir in **remaining maple syrup** and **a pinch of salt.** Let marinate until ready to assemble.



2. Make granola

Preheat oven to 350°F with a rack in the center.

In a medium bowl, microwave **1 tablespoon butter** until melted. Add **1 tablespoon maple syrup, ¼ teaspoon Chinese five spice, and a pinch of salt.** Stir to combine. Add **remaining oats** and **all of the almonds.** Stir until evenly coated.



3. Bake granola

Spread **granola** into an even layer on a rimmed baking sheet. Bake on center oven rack until browned and crisp, about 15 minutes. Let cool on sheet until brittle.



5. Assemble & serve

Serve **chia pudding** topped with **peaches, granola, and a sprinkle of Chinese five spice.** Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.