



## Café au Lait Overnight Oats with Almonds

Developed by Our Registered Dietitian



under 20min



2 Servings

We have a deliciously efficient solution for anyone who's running out the door every morning: combine your overnight oats and coffee into one breakfast powerhouse! To get you ready for the day, we're mixing oats, chia seed, and espresso powder the night before, then topping them with cinnamon, maple syrup, and almonds. Healthy yet incredibly crave-worthy. We've got you covered!

## WHAT WE SEND

- 3 oz oats
- ¼ oz chia seeds
- 8 oz milk <sup>7</sup>
- 1 oz maple syrup
- ¼ oz espresso powder
- 1 oz salted almonds <sup>15</sup>
- ¼ oz ground cinnamon

## WHAT YOU NEED

- kosher salt
- vanilla extract (optional)

## TOOLS

- 2 jars or bowls

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 380kcal, Fat 16g, Carbs 50g, Protein 14g



### 1. Mix oats & chill

In a medium bowl, stir to combine **oats**, **chia seeds**, **milk**, **half each of the maple syrup and espresso powder**, **a pinch of salt**, and **¼ teaspoon vanilla extract** (optional).

Cover and refrigerate overnight.



### 2. Chop almonds

The next morning, thin **oats** with more **milk** or **water**, as desired. Coarsely chop **almonds**.

Spoon oats into 2 jars or bowls and top with almonds.



### 3. Serve

Serve **café au lait overnight oats** drizzled with **remaining maple syrup** and a **sprinkle of cinnamon**, as desired. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!