

MARLEY SPOON



Overnight Oats

with Walnuts, Apples & Dried Cherries



under 20min



2 Servings

A nutritious breakfast sets you up for a good day. But first thing in the morning isn't exactly our peak motivation moment in the kitchen. Enter overnight oats—the no-hassle, delicious answer to all of your breaky needs. Prep and combine ingredients the night before—let the fridge do the work while you sleep! Roll out of bed and into the kitchen where a creamy, flavorful, feel-good breakfast awaits! (2p serves 4; 4p serves 8)

What we send

- 2 (1 oz) walnuts ¹⁵
- 1 oz dried cherries
- 2 (3 oz) oats
- ½ oz unsweetened shredded coconut ¹⁵
- 2 (¼ oz) chia seeds
- ¼ oz ground flax seeds
- 1 Granny Smith apple
- 3 (8 oz) milk ⁷
- ½ oz freeze dried strawberries

What you need

- Your choice!

Tools

- box grater
- 4 jars with lids (or other airtight/sealable containers)

Cooking tip

If you prefer hot oats, microwave directly in the jar (without the lid) or in a microwave-safe bowl in 30-second intervals, stirring occasionally, until warmed through.

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 440kcal, Fat 20g, Carbs 59g, Protein 12g



1. Prep ingredients

Chop **walnuts** and **dried cherries**.



2. Combine dry ingredients

In a medium bowl, combine **oats**, **chopped walnuts and cherries**, **coconut**, and **chia and flax seeds**.



3. Grate apple

Coarsely grate **apple** down to the core; discard core (no need to peel). Add grated apple to bowl with **dry ingredients**.



4. Add oat milk

Add **all of the oat milk** and **freeze-dried strawberries** to bowl with **dry ingredients and apples**; stir to combine.



5. Divide among 4 jars

Divide **oat mixture** evenly among 4 small jars (about 6 oz each) with lids, or other sealable containers.



6. Let sit overnight & serve

Screw on jar lids. Let **oats** sit overnight in fridge and enjoy the next morning!