



## Overnight Oats

with Apricots, Coconut & Toasted Pistachio



under 20min



2 Servings

Everyone knows that 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 breakfast 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, flavor-packed, feel-good breakfast awaits!

## What we send

- 2 oz dried apricots <sup>12</sup>
- 1 oz salted pistachios <sup>15</sup>
- 6 oz oats
- 1 oz unsweetened, shredded coconut <sup>15</sup>
- ½ oz chia seeds
- ¼ oz flax seeds
- 2 oz maple syrup
- 22 oz oat milk

## What you need

### Tools

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

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

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 420kcal, Fat 15g, Carbs 63g, Proteins 11g



### 1. Prep fruit & nuts

Coarsely chop **apricots** and **pistachios**.



### 2. Combine ingredients

In a medium bowl, combine **oats**, **coconut**, **chia**, and **flax seeds**. Stir until thoroughly mixed.



### 3. Add fruit & nuts

Add **chopped apricots** and **pistachios** to bowl with **oats**; stir to combine.



### 4. Add oat milk

Add **1-2 packets of maple syrup** (depending on how sweet you'd like the oats to be) and all of the **oat milk** to bowl with oats, and stir to combine.

(Alternatively, you can use 3 cups of the milk of your choice in place of oat milk.)



### 5. Fill jars

Divide **oat mixture** among 4 small jars, or other sealable containers.



### 6. Let sit overnight

Screw on jar lids. Let sit overnight in fridge and enjoy the next morning! Makes 4, 6 oz portions.