



Overnight Oats

with Walnuts, Apples & Dried Cherries



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 walnuts ¹⁵
- 1 oz dried cherries
- 6 oz oats
- unsweetened shredded coconut ¹⁵
- 2 pkts oz chia seeds
- ¼ oz flax seeds
- 1 Granny Smith apple
- 2 containers Oatly
- ¼ oz raspberry powder

What you need

Tools

- box grater

Allergens

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

Nutrition per serving

Calories 510kcal, Fat 20g, Carbs 74g, Proteins 12g



1. Prep ingredients

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



2. Combine ingredients

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



3. Grate apple

Grate **apple** into the bowl (no need to peel).



4. Add oat milk & raspberry

Add **all of the Oatly** and **raspberry powder**; stir to combine.



5. Divide among 4 jars




Evenly divide among 4 jars with lids (or other sealable containers). Roughly 6 oz per jar or container.



6. Let sit overnight

Screw on lids and shake to combine. Let sit overnight in fridge and enjoy the next morning!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**