



Overnight Oats

with Apricots, Coconut & Toasted Pistachio



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 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 feel-good breakfast awaits! (2-p serves 4; 4-p serves 8)

What we send

- 2 oz dried apricots ¹²
- 1 oz salted pistachios ¹⁵
- 2 (3 oz) oats
- 1 oz unsweetened, shredded coconut ¹⁵
- 2 (¼ oz) chia seeds
- ¼ oz flax seeds
- 2 (1 oz) maple syrup
- 2 (11 oz) oat milk

What you need

- Your choice!

Tools

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

Cooking tip

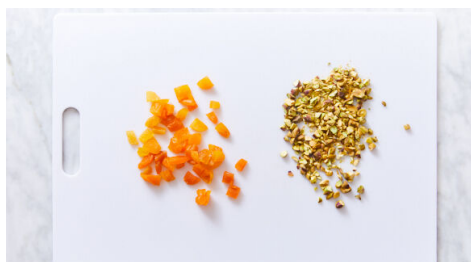
We love creamy oat milk as a non-dairy alternative, but if you prefer, use 3 cups of the milk of your choice in place of oat milk. Save the oat milk for a luxe latte!

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, stir to combine **oats**, **coconut**, **chia seeds**, and **flax seeds**.



3. Add fruit & nuts

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



4. Add sweetener & 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**. Stir until well combined.



5. Fill jars

Divide **oat mixture** 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!