



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 (1 oz) diced dried apricots¹²
- 1 oz salted pistachios¹⁵
- 2 (3 oz) oats
- 1 oz unsweetened shredded coconut¹⁵
- 2 (¼ oz) chia seeds
- ¼ oz ground flax seeds
- 2 (1 oz) maple syrup
- 3 (8 oz) milk⁷

What you need

- Your choice!

Tools

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

Allergens

Milk (7), 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, Protein 11g



1. Prep fruit & nuts

Coarsely chop **apricots**, if necessary. Coarsely chop **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 milk

Add **1-2 packets of maple syrup** (depending on how sweet you'd like the oats to be) and **all of the 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

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