

MARLEY SPOON



Café Au Lait Overnight Oats

with Toasted Almonds



under 20min



2 Servings

Get a jump start on your day with just a few minutes of prep the night before! The perfect breakfast combo of oatmeal and coffee comes together as one in these easy overnight oats. Espresso powder infuses the oats with a gentle coffee flavor, then we mix in healthful chia seeds, peanut butter, and a touch of maple syrup for sweetness. The next morning, hold the coffee—breakfast is served!

What we send

- 2 (3 oz) oats
- ¼ oz espresso powder
- 2 (¼ oz) chia seeds
- 1.15 oz peanut butter ⁵
- 8 oz milk ⁷
- 2 (1 oz) maple syrup
- 1 oz salted almonds ¹⁵
- ¼ oz ground cinnamon

What you need

- kosher salt
- vanilla extract (optional)

Tools

- 4 (8 oz) jars or bowls

Allergens

Peanuts (5), Milk (7), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 360kcal, Fat 14g, Carbs 49g,
Protein 12g



1. Mix oats & refrigerate

In a medium bowl, combine **all of the oats, espresso powder, chia seeds, peanut butter, milk, half of the maple syrup, 1 cup water, a pinch of salt, and ½ teaspoon vanilla extract**, if using. Stir until thoroughly mixed.

Cover and refrigerate overnight.



4. Distribute oats

Spoon **overnight oats** into jars or bowls.



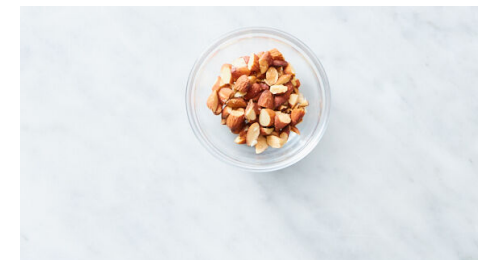
2. Thin oats

The next morning, thin **overnight oats** with **more milk or water**, as desired.



5. Garnish oats

Top **overnight oats** with **chopped almonds, a drizzle of the remaining maple syrup, and a sprinkle of cinnamon**, as desired.



3. Chop almonds

Coarsely chop **almonds**.



6. Serve

Enjoy!