

# Overnight Muesli



Servings: 2



\*VEGAN



\*SOY FREE



\*CONTAINS NUTS

## Nutrition Facts

2 servings per container

Serving size (177g)

Amount per serving

**Calories 210**

% Daily Value\*

**Total Fat 3.5g 4%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 25mg 1%**

**Total Carbohydrate 42g 15%**

Dietary Fiber 7g 25%

Total Sugars 19g

Includes 0g Added Sugars 0%

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 81mg 6%

Iron 2mg 10%

Potassium 237mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients:

- ¼ cup unsweetened apple or orange juice
- ¼ cup unsweetened almond milk
- ½ tsp. vanilla extract
- ½ tsp. apple pie spice or roasted cinnamon
- 1 Tbsp. chia seeds
- ½ cup rolled oats
- 2 Tbsp. currants or raisins
- 1 apple, grated (with peel)

## Instructions:

1. Pour the apple juice and almond milk in a large glass and stir in the vanilla, apple pie spice or cinnamon, and chia seeds.
2. Place the oats and currants in a medium bowl. Grate the apple over the oats.
3. Pour the liquid mixture over the apple and oats and mix well.
4. Cover the bowl and place in the refrigerator overnight. The chia seeds will swell and become gelatinous and by the next day will have absorbed all of the liquid.
5. In the morning, this can be eaten cold or warmed in the microwave.
6. You can also add additional fruits and almond milk, if desired. Makes 2 servings.