

Museli in Mason Jars

PREP TIME: 5

MINUTES

SOAK TIME:

OVERNIGHT OR

AT LEAST 4

HOURS

SERVINGS: 1

Ingredients

- 1 cup rolled oats (Choose organic, locally sourced oats if possible)
- 2 tablespoons chopped nuts (almonds, walnuts, or your favorite blend)
- 2 tablespoons seeds (such as chia, sunflower, or flaxseeds)
- 2 tablespoons dried fruit (raisins, cranberries, or unsweetened coconut flakes)
- 1 cup milk or yogurt (opt for raw dairy or plant-based options like almond or oat milk)
- Optional toppings: Fresh fruit, a drizzle of local honey, or a sprinkle of cinnamon

Directions

- 1.Layer the Ingredients:
2.In a clean mason jar, layer the rolled oats, nuts, seeds, and dried fruits. This method keeps the ingredients fresh and prevents them from getting soggy too quickly.
- 3.Add the Liquid:
- 4.Pour in the milk or yogurt, ensuring it covers the dry ingredients completely. This will allow the oats to soften and absorb the flavors.
- 5.Mix and Seal:
- 6.Stir the contents gently to combine. Seal the mason jar with a lid and place it in the refrigerator to soak overnight or for at least 4 hours.
- 7.Serve and Customize:
- 8.In the morning, give the muesli a good stir. Add fresh fruit, a drizzle of honey, or a sprinkle of cinnamon to taste. Enjoy directly from the jar for minimal cleanup or transfer to a bowl for a more traditional presentation.

