



ANSON MILLS

Müsli

Yield

2 servings (can easily be doubled or tripled)

Time

5 minutes to prepare and overnight to soak

Cooking Remarks

Feel free to sweeten the müsli as it soaks overnight or when you serve the cereal. You may also portion individual bowls of müsli ($\frac{1}{3}$ cup oats to $\frac{1}{2}$ cup milk) in advance of soaking if that seems easier.

Equipment Mise en Place

For this recipe, you will need a small bowl.

Ingredients

3.8 ounces ($\frac{2}{3}$ cup) Anson Mills Handmade Toasted Stone Cut Oats

8 ounces (1 cup) milk or Creamy Homemade Almond Milk

Scant $\frac{1}{8}$ teaspoon fine sea salt

Diced apple, raisins, berries, or any other type of fruit

Sugar or honey to taste, if desired

Directions

- 1.** Place the oats in a small bowl and cover them with a couple of inches of cold tap water. Swirl lightly. Let settle, and then tilt the bowl and pour off all the water, along with any hulls that have risen to the surface. Add the milk or almond milk and the salt and stir to combine. Cover and refrigerate overnight.
- 2.** The following morning, spoon the müsli into serving bowls and enjoy with any kind of fruit that suits your fancy and sugar or honey, if desired.