



## ANSON MILLS

### **Overnight Oats**

#### **Yield**

6 portions

#### **Time**

15 minutes to prepare and overnight to soak

#### **Cooking Remarks**

Generally, we suggest swirling our oats in cool water to bring up any stray bits of hull, but it is so much simpler to portion dry oats into glass jars and pour almond milk over each, that we don't bother for this recipe. We use weights exclusively for this recipe because setting a jar on a scale, weighing out 2 ounces of oats and then 3.5 ounces of almond milk is too easy to resist.

A pinch of salt is important, though. Oats love salt.

#### **Equipment Mise en Place**

For this recipe, you will need a digital kitchen scale, six 8-ounce Mason jars with lids, and a chopstick (or similarly shaped implement).

#### **Ingredients**

12 ounces Anson Mills Handmade Toasted Stone Cut Oats

Fine sea salt

21 ounces Creamy Homemade Almond Milk, well stirred

Diced apples, peaches, or mangoes; berries; orange supremes; and/or pomegranate seeds, for serving

Maple syrup, for serving (optional)

#### **Directions**

Spoon 2 ounces of oats into each of six 8-ounce Mason jars, then add a pinch of salt. Pour 3.5 ounces almond milk into each jar and stir to combine. Add as much fruit as you can fit in each jar and use a chopstick (or a similarly shaped implement) to poke the fruit into the oats. Cover with the lids and refrigerate overnight or for up to 4 days. If desired, serve with maple syrup.