



OVERNIGHT BERRY ALMOND MUESLIX

NATASHA ROSENSTOCK NADEL · NOV 4, 2015

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This recipe for Overnight Berry Almond Mueslix makes it easy to have a healthy breakfast ready in the morning. When you soak your oats overnight (in a covered bowl or Mason jar), your oatmeal is 100% ready for the morning, no hot water or heating required.

| | |
|-------------------|---------------|
| 5MIN PREP TIME | 1 SERVINGS |
|-------------------|---------------|

INGREDIENTS

- ½ cup old fashioned oats
- 1 tablespoon raisins, or dried blueberries/cherries
- 1 teaspoon flax meal
- 1 tablespoon sliced almonds
- 1/2 cup pure cherry or pomegranate juice (You can also try vanilla non-dairy milk for more of a berries-and-cream flavor.)
- Dash of vanilla
- Dash of cinnamon
- 1 tablespoon maple syrup (optional)

PREPARATION

Place all dry ingredients into your bowl or mason jar. Add the liquid, including maple syrup if using, mix and cover. Place in the refrigerator overnight. Simply mix with your spoon before eating in the morning.

NOV 4, 2015 · PAREVE · OAT · BREAKFAST · NO COOK · OATMEAL · OATS · BREAKFAST · DIY · QUICK BREAKFAST · MAKE AHEAD BREAKFAST · VEGAN



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Named “Most Creative Problem Solver,” by Dr. Neil Barnard and his staff at the conclusion of her Physician’s Committee for Responsible Medicine migraine study group, Natasha Nadel is a journalist and a mom who provides healthy substitutes for the typical shortcuts parents make when trying to feed their family quickly. Natasha wrote her [cookbook](#) and Healthy Mama's Guide for parents like her who don't want to work so hard to feed their children healthy and delicious meals made from whole foods. She lives outside Washington, DC with her husband, son and daughter.

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miriam — love this!! thank you!