

RECIPE OF THE WEEK | Overnight Muesli

Ingredients

Makes 1-2 servings

1/2 cup of gluten-free oats

2 tablespoons currants

1/4 cup unsweetened almond milk

1/4 cup unsweetened apple juice

1 apple, grated (I prefer Gala)

1 tablespoon chia seeds

1/2 teaspoon apple pie spice or roasted cinnamon

1/2 teaspoon alcohol-free vanilla

Directions

Pour the unsweetened apple juice and unsweetened almond milk in a large glass and stir in the extract, spice, and chia seeds. The chia seeds will swell and become gelatinous, and by the next day will absorb all of the liquid--becoming pudding-like. Place the oats and currants in a medium bowl. Grate the apple over the oats. Pour the liquid mixture over the apple and oats and mix well. Place in the refrigerator covered overnight. In the morning you can enjoy this dish cold or warm it in the microwave. You can also add additional fruits and almond milk, if desired.

Chef's Note: Both apple pie spice and roasted cinnamon are available at regular grocery stores. Feel free to substitute regular cinnamon. Apple pie spice is a blend of cinnamon, nutmeg, and mace. For a delicious variation, substitute a grated pear for the apple or goji berries for the currants.

Recipe from *Unprocessed* by Chef AJ

Please feel free to tailor PCRM recipes to suit your individual dietary needs.