



THE ingles TABLE

Chef Bruce Brown
Every Morning Muesli

Shopping List

- 2C rolled oats
- 1½ tsp cinnamon
- ½ tsp fresh ground nutmeg (optional)
- ½C chopped dates
- ½C sliced almonds
- 1C diced fresh apple
- 2C plain yogurt
- ½C whole milk
- 2T honey

Cooking Instructions

1) In large mixing bowl, combine the dry ingredients – oats, cinnamon, nutmeg, dates, almonds and apple, lightly tossing to combine.

2) In small mixing bowl, whisk together the yogurt, milk and honey.

3) Pour the yogurt mix over the dry ingredients, folding to incorporate and moisten all dry ingredients.

4) Cover tightly with plastic wrap and refrigerate over night (minimum 8 hours) or portion into individual serving containers, cover and refrigerate.

5) Check consistency in the morning before serving – if necessary, add more yogurt to moisten or expand.



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