



mix it up

The Culinary Medicine Cookbook for
Mixing Things up in the Kitchen

NUTRITION TIP:

The soluble fiber in oats, especially beta-glucan, supports heart health and helps to keep you feeling satisfied throughout the morning. Adding yogurt offers protein and probiotics, promoting fullness and a healthy gut. Personalize your oats with toppings like chia seeds, nuts, and fresh or dried fruits to enhance fiber content and deliver a dose of antioxidants.

CULINARY TIP:

Don't worry if you forget to prepare your overnight oats—this recipe can be adapted for the microwave. Combine the oats, milk, nuts, fruit, seasonings, and $\frac{1}{3}$ cup of water in a large, microwave-safe bowl. Use a large bowl to prevent overflow since the mixture will expand while cooking. Microwave on high for 3–4 minutes, adjusting the time based on your microwave's power. Allow it to rest for a minute before stirring in the yogurt for a creamy, satisfying finish.

Apple Cinnamon Overnight Oats

Breakfast can be hard to put together on busy days. Overnight oats offer a versatile and convenient make-ahead breakfast that is nutritious and delicious. Combine oats, your choice of milk and yogurt, and your favorite mix-ins. Simply refrigerate the mixture overnight, and by morning, the oats will have absorbed the liquid, transforming into a creamy, ready-to-eat breakfast to begin your busy day.

Total time: 4 hours **Active Time:** 5 minutes **Inactive Time:** at least 4 hours

Yield: 1 serving as a meal **Equipment:** 12-ounce jar or container with a lid, fork or spoon, measuring spoons, measuring cups; optional microwave

INGREDIENTS

- $\frac{1}{3}$ cup unsweetened applesauce
- $\frac{1}{3}$ cup old-fashioned oats
- $\frac{1}{3}$ cup unsweetened soy milk
- $\frac{1}{3}$ cup unsweetened 2% Greek yogurt
- 2 tablespoons unsalted pecan pieces
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon kosher salt

DIRECTIONS

1) Combine the ingredients

Add the oats and applesauce to a jar or container. Mix with a fork or spoon until well combined with the oats. Add the milk, yogurt, and pecans. Stir with a fork or spoon until well combined.

2) Season and taste

Add the cinnamon and salt. Taste and adjust the seasonings as needed.

3) Chill and enjoy

Cover the jar or container with the lid and let it rest in the refrigerator for at least 4 hours, or up to 4 days, to allow the flavors to meld. Stir well before eating to ensure all ingredients are combined. You can eat overnight oats cold straight from the refrigerator, let them warm to room temperature, or heat them in the microwave—just remember to remove the metal or plastic lid before microwaving.

This recipe follows a framework presented in the *Mix It Up* cookbook. The book presents dozens of other frameworks and various resources to equip you to use recipe frameworks to make your own delicious dishes.

