

THE OVERNIGHT OATS-WITH-A-TWIST RECIPE THAT STYLISH NEW YORKERS ARE FLIPPING OUT OVER



GOOD FOOD

by WILLA TELLEKSON-FLASH, AUGUST 3, 2016

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Photo: Instagram/@cocoforcru

Although you may have to head to Melbourne to sip on a [blue algae latte](#), new café [Coco & Cru](#) is the latest Manhattan eatery to bring buzzy (and good-for-you) Australian fare stateside.

The NoHo spot, which opened in late May, continues the trend of Down Under-inspired cafes leading the seriously Instagrammable wellness charge that started with avocado toast a few years back. Yes, Coco & Cru has their own spin on the social media staple (their pumpkin-seed topped version is pretty tasty), but they serve up way more than just photogenic dishes.

The menu, which focuses on fresh, consciously sourced ingredients, ranges from breakfast bowls to Aussie burgers (think beets and a fried egg) to keep customers coming back for more. "With us you can choose your own adventure knowing that everything you consume is thoughtful and delicious—no matter what day of the week it is. You could literally eat with us every day and feel great," explains operating partner Cory Lee. (The floor-to-ceiling windows, bright flowers dotting tables, and cheerful yellow accents also help make the sunny corner cafe the type of place you'd want to linger at—that is, once you're able to snag a table.)



Photo: Instagram/@cocoforcru

And yes, there's an entire section of the menu devoted to bowls (both sweet and savory). "It's what you would expect to see in a Sydney or Melbourne cafe right now," he says, adding that Coco & Cru's Anzac granola, made with a house almond milk and in-season fresh berries, is a spin-off of a famous cookie he loves back home.

No matter where you call home, you can try one of Coco & Cru's [ever-trendy bowls](#)—because they're sharing the Coconut Bircher Bowl recipe exclusively with Well+Good. What makes it so special? The key is the homemade horchata, a milky drink made with rice that elevates this dish way above any overnight oats you've ever whipped up. (Although it does require a bit of soaking time, so plan accordingly!)

Keep reading for Coco & Cru's Aussie-inspired Coconut Bircher Bowl recipe.



Photo: Alex Glen for Coco & Cru

Coco & Cru's Coconut Bircher Bowl

Active time: 30 minutes | Total time: 16 hours

Ingredients

For the horchata

1/2 cup [organic white rice](#)
1/2 cup organic whole milk
1 and 1/2 cups water
3/4 tsp [vanilla extract](#)
2 Tbsp sugar
Zest of 1/4 lime
Pinch of [cinnamon](#)

Other Ingredients

2 cups [organic rolled oats](#)
16 oz organic coconut yogurt
1 green apple, quartered and finely sliced
1/4 cup roughly chopped [raw, unsalted pistachios](#)

1. Combine water, milk, and rice in [blender](#). Blend until smooth.
2. In a large mixing bowl, lightly whisk the fluid with all other ingredients until everything is mixed together. This should make about 2.5 cups of horchata.
3. Combine 1 cup of horchata with 1 cup of organic rolled oats. Cover and leave in fridge to soak for approximately 16 hours.
4. Combine 1 cup of horchata with 1 cup of organic rolled oats in a [saucepan](#). Bring to a boil, strain, and cool oats on a sheet tray. Cover and keep refrigerated.
5. Once the soaked oats are ready, set out the bowls everyone will be eating out of. In each bowl, layer 1/4 cup boiled oats, 1/4 cup soaked oats, and 1/2 cup coconut yogurt. Garnish with green apple and pistachios.

[Coco & Cru](#), 643 Broadway, New York, NY, 10012, 212-614-3170; [cocoforcru.com](#)

Once you've visited the delicious Australian spot for breakfast, here's how to turn a French pastry into a [healthy \(and tasty!\) breakfast](#). Looking for other good-for-you spots to check out? [These 21 restaurants](#) will satisfy your taste buds and your wellness goals.