

HARVEST OATMEAL

Makes: 2 servings

Ready in: 10 minutes

Apples bring natural sweetness to this hearty oatmeal.

INGREDIENTS:

- 1 cup old fashioned rolled oats
- 2 cups water
- ½ apple, chopped
- 1 teaspoon cinnamon
- 2 tablespoons ground flaxseed
- ¼ cup pecans
- ¼ cup canned or fresh coconut milk, warmed

DIRECTIONS:

- 1** In a small pot, add oats, water and apples. Bring to a boil, then reduce heat to medium-low and cook, stirring occasionally for 5 minutes.
- 2** Remove from heat, stir in cinnamon and ground flaxseed.
- 3** Transfer to serving bowls and top with pecans and warmed coconut milk.

MODIFICATIONS:

Instead of apples: pears

Instead of flaxseed: chia seed

Instead of pecans: walnuts, almonds

Instead of coconut milk: almond milk, hemp milk