

Oatmeal Recipe

Serves 4-6

INGREDIENTS:

- 1 Cup Steel Cut Oatmeal
- 4 Cups Water
- 1 teaspoon Flax Seed Meal (per serving)
- 1 Tablespoon Maple Syrup (Optional)
- Almond Milk (Optional)
- Fresh Fruit (Optional)

DIRECTIONS:

1. Boil Water
2. Add Oatmeal
3. Cover pot and store overnight in refrigerator
4. The next morning, add Flax and re-warm in microwave for 2 minutes.
5. Add favorite fruit, maple syrup & Plant milk(optional)



Recipe and Photo by Stefen Janke/Plant Punk Kitchen