

Whole Grain Oatmeal

1 cup Water

½ cup Steel cut oats (ex: Bob's Red Mill)

Splash of plant milk

Sprinkle of cinnamon

Splash of vanilla extract

2 tbs of chopped walnuts

1 chopped apple, 2 Tbsp. of raisins or 1 cup of any fruit

1. Bring the water to a boil in a medium saucepan. Add the oats, reduce the heat and cook for 5-10 minutes, stirring occasionally.
2. Remove from heat, add plant milk, cover and let stand for a few minutes.
3. Add remaining ingredients, stir and serve in 2 bowls.