

UC-VEG

Umpqua Community Veg Education Group

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Whole Grain Oatmeal

Ingredients:

- 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

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