



Nourish Your Body & Soul

AUTUMN OATMEAL

INGREDIENTS

- ½ cup vanilla almond milk
- ¼ cup rolled oats
- Dash of salt, cinnamon, cardamom, ginger & nutmeg
- 1/8 cup raisins
- ¼ pear
- ¼ apple
- ½ tbsp each sliced almonds, pecan pieces, and walnut pieces
- ½ tbsp flax, chia and hemp seed mix
- ½ tbsp Fibergy
- Milk or almond milk to taste

TOOLS

- cutting board
- paring knife
- small bowl
- small saucepan with lid
- wooden cooking spoon

PREP TIME: 5 MINS

COOK TIME: 15 MINS

TOTAL TIME: 20 MINS

SERVES: 1 GENEROUSLY

PREP IT

1. Core and dice the pear and apple.

COOK IT

1. Heat 1/2 cup unsweetened vanilla almond milk in a saucepan.
2. When it boils, add rolled oats, plus a dash each of salt, cinnamon, cardamom, nutmeg and powdered ginger. Lower the heat to a simmer, stir, and let cook for 5 minutes.
3. Add 1/8 cup raisins, cover, and turn off the heat. Let sit for at least 5 minutes, up to 30.
4. Stir in apple, pear, almonds, walnuts, and pecans. Add enough milk to cover, then put the lid back on and turn on high heat for 2 minutes.
5. Remove from heat and stir in flax/chia/hemp seed mix and Fibergy.

VARIATIONS

- rather than reheating with the nuts and milk, just enjoy after step #3
- use just cinnamon, or other spices you like
- use dried cranberries rather than raisins (juice sweetened or unsweetened)
- use different nuts/more/fewer/none