

# S imple Oatmeal

*vegan, dairy-free, gluten-free*

*Recipe by Jentry Lee Hull*

Prep time: 2-3 minutes

Cook time: 5 minutes

Total time: 8 minutes

*Yields 1 serving*

## **INGREDIENTS**

- 8 oz filtered water
- 1/2 cup rolled oats
- Pinch of Salt
- 1 tsp coconut sugar
- 1/2 Tbsp chia seeds
- 1/2 Tbsp flax meal
- Pinch of Cinnamon
- 1 green apple, diced
- 1/4 cup fresh berries
- 1/4-1/3 cup plant milk (I recommend [Ripple](#), [Good Karma](#), or any other unsweetened plant milk)
- 1 Tbsp almond butter
- Hemp hearts

## **METHOD**

- In a pot, bring 8oz filtered water to a boil
- Add 1/2 cup rolled oats + tiny pinch of salt
- Stir and reduce heat to low-med
- Cook (uncovered) for about 5 minutes, stirring occasionally

- Remove from heat once oats are tender and water is fully absorbed
- Add 1 tsp coconut sugar, 1/2 Tbsp chia seeds, 1/2 Tbsp flax meal, pinch of cinnamon
- Transfer to a serving bowl
- Top with apples, berries, plant milk, almond (or seed) butter, and a sprinkle of hemp hearts

## **NOTES**

- Time-saving tip: Plan ahead and make a large batch for the week
- Always aim for organic when possible.

## Nutrition Facts

Servings 1.0

Amount Per Serving

**calories** 544

**% Daily Value \***

**Total Fat** 20 g **30 %**

Saturated Fat 2 g **10 %**

Monounsaturated Fat 1 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 314 mg **13 %**

**Potassium** 565 mg **16 %**

**Total Carbohydrate** 80 g **27 %**

**Dietary Fiber** 17 g **67 %**

**Sugars** 29 g

**Protein** 18 g **35 %**

Vitamin A **4 %**

Vitamin C **19 %**

Calcium **75 %**

Iron **21 %**

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.