

Recipe

COCONUT MILK OATMEAL



► ► Vegan, gluten-free, nut-free, refined sugar-free

Yield: 3-4 servings

Prep Time: 15 min

Reheat Time: 5 min

Total Time: 15 min + 5 min (not including overnight soaking)

INGREDIENTS - THE BASE

- 1 can (400 ml) coconut milk
- 1 cup (155 g) steel cut oats (GF), soaked overnight
- 1 cup (250 ml) plant-based milk
- 1 Tbsp (15 g) ground flax seeds
- 1 tsp (5 ml) vanilla
- 1/2 tsp (2.5 g) cinnamon

INGREDIENTS - ASSEMBLY

- 1 banana, sliced
- 1/2 cup (125 ml) plant-based milk

INGREDIENTS - TOPPINGS

VARIATION 1:

- 1/2 cup (50 g) fresh or frozen berries
- 1 Tbsp (7.55 g) chopped dairy-free dark chocolate
- 1 Tbsp (15 ml) nut butter
- 1 Tbsp (5 g) toasted coconut flakes
- 1 Tbsp (6 g) pumpkin seeds

VARIATION 2:

- 1/2 cup (50 g) chopped mango
- 1/4 cup (25 g) fresh or thawed frozen blueberries
- 1/4 cup (30 g) roasted pecans, chopped
- 1 Tbsp (7.5 g) hemp seeds

DIRECTIONS

1. Rinse and drain the oats, then add to a pot on medium-high heat along with the coconut milk, ground flaxseed, plant milk, and cinnamon. Bring to a boil, then reduce to a simmer and allow to cook for about 15 minutes, until al dente. **NOTE:** if you were unable to soak the oats overnight, the cooking time will be longer, about 30 minutes. At the end, stir in the vanilla and remove from the heat. Divide into 3-4 air-tight glass containers and store in the fridge.
2. The morning you'd like to enjoy the oatmeal, remove it from the fridge and add in the banana and extra plant milk. Add more plant milk if you like your oatmeal thinner. Heat it up in a pot on the stove or in the microwave. Add to a bowl or to-go container and top with desired toppings. Enjoy!

NOTES

1. **Storage:** store pre-made oatmeal base in the fridge for up to 4 days.
2. **Variations:** try using coffee and cacao powder in the base, and top with cocoa nibs, coconut whip, and chia seeds

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