

Outrageous Oatmeal

Adapted from: Liza Sternik

Prep time: 5 minutes
Cook time: 10-15 minutes

Total time: 15-20 minutes
Serves: 2-3



Ingredients

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| 1 ½ cups rolled oats | 1 tbsp. ground chia seeds |
| 1 ½ cups water | 1 tbsp. ground flax seeds |
| 1 ½ cups milk of choice or water | pinch of sea salt |
| 1 unpeeled apple, coarsely shredded | maple syrup and milk of choice to serve |
| 1 tbsp. natural sweetener | |

Instructions

1. Bring the oats, water, milk, apple, and sugar to a boil in heavy saucepan.
2. Reduce heat to a simmer. Stir regularly until the oats are cooked (10-15 minutes).
3. Remove from heat and stir in ground chia and flax seeds.
4. Spoon into bowls and serve with a splash of cold milk and a drizzle of maple syrup.