



Morning Oats



This recipe is a powerhouse of nutrients and energy to get your day started! Oats are a wonderful, timeless, wheat-free option for breakfast and blueberries are a wonder fruit, giving you antioxidants, vitamin C, folic acid and other trace minerals that keep you healthy and feeling good.

Ingredients

Oats

- ¼ cup quick oats
- ½ cup or 125 ml water
- ¼ cup or 60 ml milk, I prefer coconut based non-dairy milk
- Pinch of salt
- ¼ tsp cinnamon
- 1 tsp maple syrup or honey

Toppings

- ½ cup frozen wild blueberries
- 1 tsp chia seeds
- 1 -2 tsp maple syrup
- 1 tbsp jam, use your favourite but I like blueberry!
- 1-2 tsp ground flax seed
- 1-2 tsp natural peanut butter

Directions

1. In a small or medium pot, place all of the oat's ingredients. Place over medium heat and stir to combine. Bring to a simmer and turn down to low. Stir frequently until the liquid has been mostly absorbed by the oats and the oats are soft. Turn off heat and let sit on the stove while you prep your toppings.
2. In a small bowl, combine the frozen blueberries, chia seeds and 1 tsp of maple syrup. Place in microwave and cook on high for 1-1 ½ minutes or until the blueberries are thawed and have released their juices. Stir and let sit while you plate your oats.
3. Grab your favourite bowl, ladle in your oats. Drizzle on a tad more maple syrup if you like it a little sweet, and sprinkle on the ground flax seed. Dollop on the jam.
4. Spoon on the blueberry chia seed mixture and drizzle on the peanut butter. Enjoy!