

Magic Potion Oatmeal – Serves 1



Ingredients:

- 2/3 cup Milk (or water)
- 1/2 cup Mixed berries
- 1/2 tsp. Vanilla
- Sweetener to taste (I used maple syrup)
- 1/3 cup Oats
- 1/2 tsp. Cinnamon
- 1/4 tsp. Nutmeg
- 1 tbsp. Almond butter (or your favourite nut/nutless butter)
- 1 tbsp. Ground flax seed
- 1/2 tbsp. Hemp hearts
- More mixed berries for garnish

Directions:

1. Blend the milk, berries, vanilla, and sweetener until well combined.
2. Mix with oats, cinnamon and nutmeg in either a pot to cook on the stove or in a bowl if cooking in the microwave.
3. Cook the oats until a desired consistency has been reached.
 - a. Use medium/high heat if cooking on the stove.
4. Top with almond butter, ground flaxseed, hemp hearts and berries.
5. Enjoy 😊