

Protein Apple & Almond Oatmeal



PREP TIME:
2 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
12 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- ½ Cup **Gluten Free** Rolled Oats
- 1 Cup Unsweetened Almond Milk (*or Your Preferred Non-Dairy Unsweetened Milk*) Plus ¼ Cup for topping
- 1/3 Cup Diced Organic Honey Crisp Apples with skin on (*or apples of choice*)
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- 1 TBSP Unsweetened Almond Butter (*or other nut butter of choice*)
- ½ Teaspoon Pure Vanilla Extract
- 1 Teaspoon Organic Cinnamon
- 2 Teaspoons Organic Pure Maple Syrup
- **Optional: Add 2 TBSP Coconut Cream – for extra creaminess**

Instructions:

1. In a small pot, add the rolled oats, milk, and vanilla. Warm on medium heat.
2. After 2 minutes, add the chia seeds, flax, and cinnamon.
3. Cook another 2 minutes and then add the apples. Be sure to give a stir.
4. Oats will cook for a total of 10 minutes. The milk will be absorbed into the oats.
5. 2 minutes before finished, add the syrup.
6. Pour contents into serving bowl. If desired add ¼ cup more milk.
7. Top with Almond Butter and a sprinkle more of cinnamon.
8. **Optional Addition:** Can add coconut cream for creamier consistency
9. **Optional Fruits:** *Sliced Organic Strawberries, Sliced Bananas, Blueberry's*

***Try and use all organic ingredients if possible.**

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