



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Superfood Apple Cinnamon Oatmeal **SERVES** approx. 6

CATEGORY Breakfast **PREP TIME** 15 min **COOK TIME** 5-6 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Oatmeal :

1 1/2 cups	rolled oats
1/2 cup	raisins
1/2 cup	chopped walnuts
2 tbsp	chia seed
2 tsp	cinnamon
1/2 tsp	sea salt
1 medium	apple, cubed
1/4 cup	pumpkin seeds
to taste	maple syrup

Cashew Milk :

3 cups	water
1 cup	raw cashews
3 medium	pitted medjool dates
1/2 tsp	vanilla extract

DIRECTIONS

1. In a high power blender, blend water, cashews, dates, & vanilla extract until well blended.
2. In a medium sauce pan, combine cashew milk, oats, raisins, walnuts, chia seed, cinnamon & salt.
3. Bring mixture to a boil, constantly stirring & scrapping the bottom to avoid burning, approx 2-3 minutes.
4. Turn down heat to low and add in apples & pumpkin seeds, stirring frequently for another 2-3 minutes.
5. Remove from heat and let stand to thicken.
6. Serve with maple syrup and enjoy.

MY NOTES
