

CINNAMON OATMEAL BOWL

INGREDIENTS

ITEM	QUANTITY
• Rolled Oats	½ Cup
• Unsweetened Almond Milk (or Lactose-Free Milk)	1 Cup
• Blueberries	¼ Cup
• Walnuts	1 Tbsp.
• Cinnamon	
SERVING SIZE	**1**

PREPARATION

- Add oats and milk to a small saucepan and bring to a gentle simmer over medium heat.
- Cook for 5-7 minutes, stirring frequently, until thick and creamy.
- Stir in cinnamon, then remove from heat.
- Spoon into a bowl and top with blueberries and walnuts.

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