

5-minute Oatmeal Power Bowl

Vegan, gluten-free, oil-free, refined sugar-free, soy-free
Recipe from:

<http://ohsheglows.com/2014/11/17/5minuteoatmealpowerbowl/#ixzz3gBlvuik9>



"My favorite bowl of hot oatmeal, ready in less than 5 minutes! Soaking the oatmeal mixture overnight cuts down the cook time the morning of - all you have to do is heat it on the stove for a minute or two. Don't forget to mix the ingredients the night before. For a fall twist, add a pinch of cinnamon, ground ginger, and allspice on top of each bowl. Total fall comfort food!"

Yield: 1 bowl

Soak time: overnight
Prep Time: 3 Minutes
Cook time: 2 Minutes

INGREDIENTS:

½ cup berries, mashed (frozen berries would work too), or ½ banana, mashed
1 tablespoons chia seeds (optional)
heaping 1/3 cup oats (use certified gluten-free if necessary)
1/4 teaspoon cinnamon
2/3 cup almond milk
Optional garnish: soaked almonds, pepita seeds, hemp hearts, cinnamon, toasted coconut, nut butter, spices (cinnamon, ginger, allspice)

INSTRUCTIONS

- The night before: Grab a medium bowl and mash the berries or banana until smooth. Now stir in the chia, oats, cinnamon, and milk, until combined. Cover and refrigerate overnight..
- In the morning: Ready to eat as is, or scoop the oat mixture into a medium pot. Increase heat to medium-high and bring to a simmer. Reduce heat immediately to medium-low, and stir.
- Next transfer the mixture to a freezer safe container and then smooth it down with a spoon or spatula. Seal the container and place in the freezer for at least 4 hours then serve cold and enjoy!

Notes:

- 1) The ground flax is optional because it creates a bit of a strange texture (almost like a flax egg) in this oatmeal. I don't mind it, but some people might. So if you think you will, just leave it out or sprinkle some ground flax on top instead.
- 2) I love topping my oats with spices - a pinch of cinnamon, ground ginger, and allspice create my perfectly spiced bowl.