



## oatmeal on the run

### Serves 1

Combine dry ingredients in a small travel container and mix to incorporate. Pour almond milk over oat mixture just to cover. Let soak overnight in the refrigerator. Grab and go in the morning.



**chris:** My grandmother turned me on to oatmeal when I was 8 years old. She ate it every morning and lived to age 98. I came up with this recipe for those days when I didn't have time to cook oatmeal in the morning. Now it's my favorite way to eat oatmeal.

**tip**▶ You can make a big batch to keep in the refrigerator for the week. Play with the combination of fruit and nuts to your liking.

- ½ cup rolled oats
- 1 teaspoon ground cinnamon
- 2 tablespoons raisins
- 2 tablespoons walnuts (can use any nuts)
- ½ cup almond, coconut, or hemp milk (just enough to cover the oat mixture)

## overnight oats with figs & apples

### Serves 4

Rinse oats and soak in cold water for 1 hour.

Drain oats and add to small (1.5 quart) slow cooker. Mix in cinnamon and then stir in 4 cups of water, chopped apples or pears, and figs.

Cook in slow cooker for 7-8 hours or overnight. Serve warm with almond milk.

**tip**▶ Oat groats are great but who has the time to cook them? Simply throw them in a slow cooker overnight and breakfast is served! The delicious smell will have you out of bed in seconds and this warm bowl of deliciousness will stick with you until lunch.

- 1 cup oat groats (see page 8 for photo of oat varieties)
- 1 teaspoon ground cinnamon
- 4 cups water
- 1 apple or pear, peeled and chopped
- 4 dried figs, chopped