



Warm Apple Nut Oat-free Oatmeal



You will need:

- 1/2 cup non-dairy milk
- 1T crushed flaxseed
- 1T crushed chia seeds
- 3 dates softened in warm water
or chopped (optional)
- 1 organic apple with peel on for fiber
- 1/2 t. cinnamon



Mix all ingredients in a blender until smooth.

Warm in saucepan or microwave.

Top with berries (optional)

Note: This recipe is filling. If I don't finish it, I keep and reheat the following morning.