

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

5 Minute Oatmeal Power Bowl



1 ripe banana, mashed (the more ripe/spotty the better)

2 tablespoons chia seeds

heaping 1/3 cup rolled oats (use certified gluten-free if necessary)

1/4 teaspoon cinnamon

2/3 cup almond milk

1/3 cup water

1 tablespoon ground flax (optional, see note)

For garnish: soaked almonds, pepita seeds, hemp hearts, cinnamon, toasted coconut, nut butter, spices (cinnamon, ginger, allspice)

Directions:

The night before: Grab a medium bowl and mash the banana until smooth. Now stir in the chia, oats, cinnamon, milk, and water until combined. Cover and refrigerate overnight.

In the morning: 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 frequently until heated throughout and thickened. At the end of cooking, stir in flax (optional).

Pour oats into bowl. Garnish with your desired toppings. Get cozy!

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.

Recipe found at ohsheglows.com