

WELL YOUR WORLD



HEALTHY PLANT-BASED RECIPES

Pre-Batched Oatmeal

INGREDIENTS

3 cups rolled oats
5 tablespoons WYW Date Powder
1/2 teaspoon ground cinnamon

TO SERVE

ground chia or flaxseeds
fruit
nut butter or chopped nuts

METHOD

In a pint size mason jar, combine all the ingredients and shake well. Make several jars to last the week.

To prepare the oatmeal, add the contents of the jar to a saucepan. Slowly add water, stirring until the oats can spin freely in the pan. Simmer while stirring for about 5 minutes, adding additional water as desired.

Enjoy with ground chia or flaxseeds, fruit, nut butter or chopped nuts!