

Fruity Vegan Power-Oatmeal

This super-easy, delicious, vegan breakfast is the perfect feel-good food. Oatmeal, for me, has a way of being so comforting and creamy, but at the same time, it's really good for you and fills you up. Because this recipe makes a lot, you can store the leftovers in an airtight container in the fridge and just reheat it in the microwave for breakfast the next day. You can use any fruits, nuts, or sweeteners you like.

Yield: 6-8 servings

Ingredients

- 4 cups water
- 2 cups vanilla almond or soy milk
- 3 cups rolled oats
- 1 tsp. vanilla extract
- 3 tbsp. brown sugar
- 3 tbsp. maple syrup
- 2 tsp. ground cinnamon
- 2 tbsp. shredded coconut
- 2 bananas, halved lengthways and sliced
- 1/3 cup slivered or chopped almonds
- 1/3 cup sweetened dried cranberries
- 1 and ½ cup berries (blueberries, raspberries, and/or blackberries)



Directions

- 1) Preheat the oven to 350 degrees.
- 2) Bring the water and milk* to a boil. Add the oats, vanilla, brown sugar, maple syrup, cinnamon, and shredded coconut and cook for about 10 minutes. Add the bananas and cook another 2-5 minutes, or until desired consistency is reached.
- 3) Meanwhile, place the almonds on a small baking sheet. Bake at 350 degrees for 10 minutes, or until golden brown. (Check on them every few minutes so they don't burn).
- 4) Add the dried cranberries and toasted almonds to the oatmeal.
- 5) Top with fresh berries and serve.

*You could also use just water, just milk, or any ratio of the two you like as long as it adds up to 6 cups of liquid.