

## Gingerbread Oatmeal

Serves 3-4

### Ingredients

- 1 and ½ cups rolled oats
- 1 and ½ cups milk of your choice (soy, almond, or dairy milk)
- 1 and ½ cups water
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- ½ tsp. ground ginger
- ¼ tsp. ground cardamom
- ¼ tsp. ground cloves
- ¼ tsp. freshly grated nutmeg
- 1 tsp. vanilla extract
- 3 tbsp. dark brown sugar
- ¼ cup almonds (optional), toasted
- ¼ cup raisins (optional)
- Chia seeds (optional)

### Directions

- 1) Combine the oats, milk, water, cinnamon, salt, ginger, cardamom, cloves, nutmeg, and vanilla in a medium saucepan. Bring to a boil, stirring occasionally, and turn down to medium-low and simmer for about 10 minutes, or until thickened. (Make sure to watch the oatmeal because it tends to overflow if you don't keep an eye on it).
- 2) Stir in the brown sugar.
- 3) Top with toasted almonds, raisins, and chia seeds, if desired.

