

Morning Oatmeal

Ingredients

1/3 cup Organic oats
1 tsp ghee/coconut oil
small handful Nuts (walnuts, filberts, almonds, etc)
fruit (raisins, cranberries, blueberries, etc)
2/3/ cup Almond Milk/Rice Milk

Directions

- 1) Warm ghee in pan until warm.
- 2) Mix in 1 tsp (or to taste) of Spice Churna (or combination of cardamom & ginger)
- 3) Add 1/3 cup oats and nuts and coat.
- 4) Add in milk and bring to boil
- 5) Lower heat, add fresh fruit, and simmer until thick