

MY FAVORITE OATMEAL BREAKFAST

Ingredients:

1 cup almond milk

1-3 t honey

1 t vanilla

generous sprinkle of cinnamon

1/2 cup rolled oats

2 t chia seeds

top with: almonds, freeze-dried berries or anything!

Directions:

Bring almond milk, honey, vanilla and cinnamon to a boil. Add rolled oats. Cook for 5 minutes stirring now and then until cooked and oats aren't super milky. Turn heat off and stir in chia seeds. Top with freeze-dried strawberries and nuts. Eat right away or transfer to a jar and bring on the road.