



Fig & Banana Oatmeal

What you need

3 ¼ cups (780ml) water

¼ tsp. salt

2 cups (180g) rolled oats

1 cup (240ml) almond milk,
unsweetened

For the toppings:

2 tbsp. coconut sugar

2 bananas, sliced

4 fresh figs, quartered

2 tbsp. honey

What you need to do

1. In a saucepan, combine the water and salt. Place over a high heat and bring to a boil, then add in the oats. Reduce the heat to low and simmer gently, stirring occasionally until the oatmeal becomes creamy, around 5 minutes. Add in the almond milk and stir until well combined and warmed through.
2. Divide the oats between 4 bowls and top with the coconut sugar, sliced bananas, figs and honey.



Serves: 4

Prep: 5min

Cook: 7min

