

Oatmeal With Stewed Prunes And Nut Butter

A staple at the Ontario Vipassana Centre where I had oatmeal with stewed prunes for the first time and really enjoyed the taste. I like adding nut butter for extra protein. The combination of flavours go so well together.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 2 mins

Cooking time: 15 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Oatmeal (avena), regular cooking	0.5 cup
Water	1 cup
Prune, dried, cooked, unsweetened	0.33 cup
Pumpkin seed butter	1.5 x 2 tbsp
Almond milk, plain or original, unsweetened	0.5 cup
Cinnamon, ground	1 teaspoon

Instructions

Use dried organic prunes. Use regular cooking gluten free oats.

1. Start with 1/2 cup water and 5 or 6 prunes. Cook prunes over medium heat until they soften, about 10 - 15 minutes. Stir often and check water in case more is needed. Stewed prunes should have a thick sauce consistency.
2. Cook oatmeal according to package instructions. Cook for 10 -15 minutes.
3. Pour oatmeal into a bowl. Add nut milk. Add nut butter and stewed prunes. Sprinkle cinnamon on top.