

Not Just Plain Ol' Creamy Oats!



Ingredients:

For the oats:

- ½ cup gluten-free oats
- ¾ cup water
- 1 tsp. cinnamon
- 1 tbsp. butter
- 1 tbsp. Eat Naked Raw Honey

For the topping:

- 1 banana
- 1 ½ tbsp. full-cream yogurt
- 1 tbsp. Eat Naked Natural Peanut Butter (mixed with 1 tsp. melted coconut oil)
- 1 tbsp. coconut smiles
- 1 tsp. chia seeds
- 1 tsp. cocoa nibs

Method:

1. In a small pot over low heat, mix together the ingredients for the oats until cooked
2. Place oats in a serving bowl and allow to cool slightly
3. Go crazy with the toppings (or any other!)
4. Enjoy! ♥

Credit for these recipes go to VIP Ede Van Wyk.