



RECIPES

Oatmeal with Hemp

INGREDIENTS:

- 2 cups of cooked steel cut oats
- 2 tbsp hemp powder
- 1 tbsp flaxseed meal
- 2 tbsp organic cocoa sugar
- 1 large spoonful of almond or peanut butter
- 2 tbsp coconut
- 1 tsp ground vanilla bean

INSTRUCTIONS:

1. Cook steel cut oats according to package directions. You can also use a slow cooker or rice cooker to make a large batch of oats that you don't have to monitor constantly
2. In a serving bowl, mix cooked oats and remaining ingredients

Makes 2 servings

*For more recipes, visit wjmc.org/recipes
or call 504.349.1232*



From: <http://wakingupvegan.com/2012/05/08/breakfast-of-champions-delicious-oatmeal-with-hemp-powder-and-flax-seed/>