



VEGAN BREAKFAST OATMEAL BOWL W/MACADAMIA NUTS, BLOOD ORANGES & DARK CHOCOLATE CHIPS

INGREDIENTS

1 ½ cup (375 ml) – oat milk (or preferred plant-based milk)
1 cup (90 g) – org sprouted quick oats
1 tbsp (15 ml) – org maple syrup
4 – whole cloves (or ¼ tsp ground)
¼ tsp (1.42 g) – salt

Toppings:

1 – org blood orange (half per serving)
3-6 – macadamia nuts (crushed) (three per serving)
¼ cup – dark chocolate chips (vegan & gluten-free)

PREP TIME: 5 MINS

SERVES: 2-3

VEGAN
GLUTEN-FREE
SOY-FREE
OIL-FREE
REFINED SUGAR-FREE

DIRECTIONS

Breakfast Bowl Prep:

Step 1

In a medium saucepan, add the plant-based milk w/ salt, cloves, and maple syrup and bring to boil on the stovetop. Add the quick oats and simmer for 1 minute. Remove from stovetop, cover and leave to rest for 3 minutes.

While the oats are resting, peel and slice the blood oranges, and prepare the serving bowls.

Step 2

Add about a cup (or the desired amount) of cooked oats in a bowl, arrange slices of blood oranges, and top with crushed macadamia nuts and dark chocolate chips.

Enjoy while warm!

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