

Mike's Oatmeal Recipe

sweetpea
Plant-Based Kitchen

Do you like oatmeal? On a plant-based diet, you shouldn't ever feel the need to skip meals, especially breakfast. This oatmeal recipe is simple, delicious, and will keep you full until lunch!



- Use a bowl large enough that oatmeal won't boil over in the microwave
- Use 1/2 cup of old fashioned oats and 1/8 cup of steel cut oats
- Add 1 cup of water
- Microwave in large bowl for 2:45
- Add a whole banana immediately after microwaving and mix so it caramelizes
- Add 1/4 cup of blueberries and mix
- Add 1/4 cup of unsweetened vanilla almond milk and spoonful of flaxseed meal and mix
- Top off with a sprinkle of walnuts (optional) and enjoy!

This is the best way to start the day and keeps you full until lunch. Plus, it's full of nutrients that will give you the energy you need for a productive day.

Use any berries and oats for a tasty, filling bowl. The flaxseed, which contains omega 3's and mixes right in when in flaxseed meal form, is great for heart health.

On a plant-based diet, your taste buds will change in a couple weeks. You will be able to taste fruits and vegetables like never before!