



The Edible Garden

Recipe featured at *Whole Foods Market* demonstration, September 17
Back to School

Kicked Up Oatmeal

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Ingredients (*Serves 2*)

1 cup oatmeal
½ cup coconut milk
1 ½ cups water
1/8 teaspoon nutmeg
¼ teaspoon cinnamon
1 teaspoon vanilla extract
Dash sea salt (optional)
3 tablespoons dried cranberries
2 tablespoons chopped almonds
3 tablespoons grade B maple syrup
½ cup diced apple, with the skin on

Instructions

1. In a medium-sized, heavy-bottomed sauce pan, toast oats over low flame, stirring constantly until fragrant and lightly browned, about 2-3 minutes.
2. Add coconut milk, water, spices, vanilla, salt, and cranberries. Stir to combine. Allow to simmer until water evaporates and oatmeal is to desired thickness, about 6-8 minutes. Add more water if you like thinner oatmeal.
3. When the oatmeal is done, add the maple syrup. Taste and add more if you like.
4. Divide oatmeal evenly into two bowls. Top each with half the apples and almonds. Serve and enjoy!