



# 5 Minute Healthy Oatmeal Recipe

We know, we know, it's not a cooking/baking recipe but let's face it: easy, healthy, convenient, fiber-filled breakfast... we're huge fans of being full of the good stuff like protein and fiber especially when it keeps you full all morning! Get ready to take this healthy breakfast to the next level by adding a couple spoonfuls of our [Cinnamon Roasted Almond Butter!](#) It will add a natural sweetness, creamy texture and protect you from energy slumps mid-morning. Show you love your body and fuel it the right way!

## The low-down on almond butter:

- Almonds are a good source of healthy fat and BONUS these fats help us to absorb vitamins and other nutrients from our food (oats+almond butter = ultimate pairing!)
- High in Vitamin E which is great for the skin and anti-inflammatory
- Healthy fat in almonds helps regulate blood sugar (hello happy hormones)
- Great source of energy = go stronger for longer

## The low-down on oats:

- High in polyphenols, the antioxidant that lower blood pressure and decrease inflammation
- High in insoluble fiber, the stuff that keeps your digestive system happy!
- 100% whole grain
- Gluten-free and vegan-friendly
- ...the most convenient, 5 minute healthy breakfast

## 5 Minute Healthy Oatmeal Recipe

★★★★★ Rated 5 stars by 1 users



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**CATEGORY**

Healthy Oatmeal Breakfast

**SERVINGS**

1

**PREP TIME**

1 minute

**COOK TIME**

5 minutes

**INGREDIENTS**

- 1 cup rolled oats
- 2 cups unsweetened milk (we use almond, but you can use cashew, coconut or oat!)
- 1/2 teaspoon ground cinnamon
- 1/2 cup strawberries or berries of your choice
- 1/4 cup Cinnamon Roasted Almond Butter
- Honey to taste for drizzle

**DIRECTIONS**

1. Combine oats, milk and cinnamon into small saucepan and turn heat to medium/high
2. Bring to a boil. Then, turn the heat down to low/simmer and continue to stir for around 3-5 minutes as the oatmeal cooks and thickens.
3. Once you have the oats to your desired consistency, remove from heat and place in bowl. Add the Cinnamon Roasted Almond Butter, Honey and berries. Enjoy and go rock your day!

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