

Nutty Cinnamon Cream of No-Wheat, a.k.a. “Faux-tmeal” from KellyintheKitchen

INGREDIENTS

the dry mix*:

1/2 cup roasted sunflower seeds, chopped

1/2 cup flaxseed meal (or use whole flax seeds and grind them)

1/2 cup walnuts, chopped

1/2 cup almonds, slivered

1/2 lb pitted dates, chopped

1/2 tsp salt

1/2 tsp ground cinnamon

1/2 tsp vanilla extract

*NOTE: chop your ingredients finer if you want a smoother, more cream-of-wheat-esque finished product, or leave them bigger for a chunkier consistency.

to cook the oatmeal:

3/4 cups of dry mix per person

1 1/4 cup milk per person (dairy milk, almond milk, whatever you like)

DIRECTIONS

Combine all the dry mix ingredients in a bowl and stir together.

Measure out the amount you'd like to make now (about 3/4 cups per person should do it), and store the rest in an air-tight container in the fridge, for future use. To cook now, bring the milk to a gentle bubble on the stove and stir in the dry mix.

Stirring occasionally, simmer gently until thickened to your liking (mine took about 10 minutes, give or take). Remove from heat.

Spoon the good stuff into a bowl and stir in any extras you like – more milk, fruit, nuts, whatever! Then dig in.