

Jujube, Raspberry & Hemp Seed Oatmeal

VEGAN + GLUTEN FREE + SOY FREE



Ingredients:

- 2 cups water
- 1/2 tsp sea salt (optional)
- 1 cup oats (we use gluten-free)
- 1/2 cup jujubes, cut into small pieces
- 1/2 cup raspberries
- 3 tablespoons hemp seeds
- 1/4 cup almond slivers

Instructions:

Put water and salt in a small pot and bring to a boil. Add oats and simmer for 10-15 minutes, depending on the consistency you prefer. Once cooked, mix jujubes, raspberries, and hemp seeds into oatmeal, and pour into your favorite oats eatin' bowl. Sprinkle with almonds & serve with warm hemp milk. Enjoy! Serves 2