
Zucchini Steel-Cut Oatmeal

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 1

Ingredients:

- 1/4 cup steel cut oats (I use Bob's Red Mill)
- 1 1/4 cup homemade or store bought almond milk
- pinch cinnamon powder
- pinch cardamom powder
- pinch ginger power
- pinch salt
- 1/2 cup grated zucchini
- 1 tbsp coconut sugar (optional)
- Topping: granola, Natureland coconut cream, honey

Instructions:

1. Soak steel-cut oats for 3-4 hours in the almond milk and spices or overnight. If you prefer to use rolled oats, just mix the time you plan to cook it.
2. Place the oat mixture in a saucepan with the zucchini and coconut sugar on a medium heat for 10-15 minutes until the oats are cooked, stirring occasionally. Remove from the heat.
3. Transfer to a bowl. Top with granola, coconut cream and honey for extra sweetness.