
Turmeric Coconut Oatmeal & Daily Vitamins

Cook Time: 15 min

prep Time: 5 min

total Time: 20 min

servings: 1

Ingredients:

1/2 cup rolled oats

2/3 cup water

1/3 cup full-fat canned coconut milk

1/4-1/2 teaspoon ground turmeric

1/2 teaspoon vanilla extract

pinch of salt

1/4 cup desiccated coconut

1 tablespoon honey (or to taste)

To serve:

Honey

Toasted coconut flakes

Chopped pistachios

Instructions:

1. Place all the oatmeal ingredients in a medium saucepan. Place on a low heat and cook, stirring from time to time. If the oatmeal looks too thick, add a couple of tablespoons warm water and continue cooking. After about 10 mins check if the oatmeal has been cooked through, and if not cook for a few minutes longer. Mine took 15mins.
2. Transfer to your serving bowls. Garnish with your choice of toppings. Serve warm.