
Pistachio Raspberry Oatmeal

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Pistachio sauce:

1/2 cup raw pistachios

1/4 cup coconut cream

2 tbsp honey

Raspberry compote:

1/3 cup frozen raspberries

1 tsp maple syrup

Oatmeal for 1 person:

1/3 cup rolled oats

2/3 cup water

1/3 cup coconut milk

1/4-1/2 tsp cardamom powder

1 tbsp coconut oil

1 tsp rose water

Instructions:

1. Start by making the pistachio sauce. In a food processor, ground the pistachios. Then add the honey and cream and process until smooth. Set aside or refrigerate if making ahead.
2. To make the compote, in a small saucepan combine the raspberries and maple syrup. Let simmer on a medium-low heat for a few minutes until the raspberries bring out their juices, and you have a syrupy bright pink sauce. Set aside.
3. In a small saucepan combine the oats with water and coconut milk. Add the cardamom. Place on a medium heat and cook for 10-12 minutes until the oats have been cooked through. Remove from the heat and add the coconut oil and rose water, still to combine.
4. Transfer the oatmeal to a bowl (the prettier the better), add 1-2 tablespoons of the pistachio sauce and swirl through. Top with the compote, some fresh raspberries, and a sprinkling of coconut flakes.

