

Cinnamon Spiced Honey and Banana Oatmeal



This bowl is deliciously comforting and warming, not to mention packed with nutritious goodies that will keep you satiated and satisfied. The chia seeds, hemp seeds and oatmeal are all great sources of fibre, which is helpful in keeping our blood sugar balanced and is supportive to our digestion.

8 mins

TOTAL TIME

3 mins

PREP

1 bowl

YIELD

Recipe by Jen Miller, Glowing Minds Wellness

Ingredients

- ½ cup quick oats
- ½ cup coconut milk (or any non-dairy milk of choice)
- ½ cup filtered (or boiled) water
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds
- ½ banana, sliced
- 2 tablespoons cacao nibs
- 1 teaspoon Drizzle Cinnamon Spiced Raw Honey (mixed in) + 1 teaspoon to swirl on top

Directions

1. Combine all of the ingredients listed above in a pot on medium heat. Stir and let simmer for 3-4 minutes. Serve with Cinnamon Spiced Raw Honey swirled on top and enjoy!

Did you make this recipe?

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