



## Cider Soaked Oatmeal with Coconut & Blueberries

4 servings

8 hours 15 minutes

### Ingredients

- 2 cups Oats (rolled)
- 2 cups Water
- 1/4 cup Apple Cider Vinegar
- 1/3 cup Walnuts (chopped)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Flakes
- 1 cup Frozen Blueberries

### Directions

- 1 In a pot, combine the oats, water, apple cider vinegar and walnuts. Cover and let sit at room temperature overnight.
- 2 In the morning, add almond milk. Bring to a boil, then reduce heat to a simmer. Cook for 5 minutes covered, or until your desired consistency is reached.
- 3 Divide into bowls and top with coconut flakes and blueberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to six days.

**Serving Size:** One serving is approximately 1 cup.

**Additional Toppings:** More milk, maple syrup, hemp seeds, flax seeds or fresh fruit.

**No Almond Milk:** Use water or any alternative milk.

**No Apple Cider Vinegar:** Use lemon juice, kombucha, whey, yogurt or kefir.