



Serving For:	1
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Simple | Healthy | Delicious

Blackberry Oatmeal with Hemp Seeds

INGREDIENTS

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| ¼ Cup steel-cut oats |
| pinch of kosher salt |
| ½ Cup blackberries |
| 1 Tbsp. Nature's Earthly Choice Hemp Seeds, nut or soy milk (for serving) |



DIRECTIONS:

1. Bring oats, salt and ¾ Cup water to a boil in a small saucepan. Reduce heat and simmer, stirring occasionally, until oats are tender, 15 – 20 minutes. Top oats with blackberries and hemp seeds; drizzle with nut or soy milk.