



Serving For:	1
--------------	---

Simple | Healthy | Delicious

Blackberry Oatmeal with Hemp Seeds

INGREDIENTS

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.