

5 Min Oatless Oatmeal (Dairy Free)

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Ingredients:

- ½ cup Hemp hearts
- ¼ cup chia seeds
- ¼ cup fine almond flour
- 1 tsp vanilla extract
- 1 1/2 cups unsweetened almond milk

- ¼ cup sweetener
- 1 tsp cinnamon
- 2 tbsp coconut cream (you can do all almond milk if you don't have this)
- Optional - xanthan gum for additional thickness

Directions:

1. In a large stockpot, add all of your ingredients!
 2. You're going to cook this on medium heat for 3-4 minutes. At this point, your hemp hearts and chia seeds should double in size and thicken your "oatmeal".
 3. At this point, your oatmeal should be thick. If you want it thinner, go ahead and use more almond milk. You can also use xanthan gum to thicken as well.
 4. Serve your oatmeal and add toppings of choice!
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