



## Old-Fashioned Oats with Nuts and Fruit

### *INGREDIENTS*

1 cup unsweetened plant milk, such as soy milk  
1 tsp salt  
1/2 cup old-fashioned rolled oats  
Pinch cinnamon  
1/2 cup fresh fruit  
1/4 cup nuts

### *METHOD*

- 1** First, cut the fresh fruit into bite-size pieces.
- 2** Combine the unsweetened plant milk and salt in a small saucepan. Bring to a boil.  
  
Stir in the old-fashioned rolled oats. Reduce heat to medium and cook, stirring, for about 5 minutes.
- 3** Remove from heat and let sit for 2–3 minutes. Top with a pinch of cinnamon. Add the fresh fruit and nuts before serving and enjoy.