



Blueberry Oatmeal

Alkaline Breakfast – 100% Alkaline

Adapted from Cooking.NYTimes

INGREDIENTS

- 1 $\frac{1}{3}$ cups water
- $\frac{1}{8}$ teaspoon salt (optional)
- $\frac{1}{4}$ teaspoon cinnamon
- 2 teaspoons Sucanat (optional), molasses, or honey
- $\frac{2}{3}$ cup rolled oats or oatmeal – (avoid Quaker Oats due to Glyphosate)
- $\frac{1}{3}$ cup blueberries
- $\frac{1}{2}$ cup almond milk – unsweetened (homemade is best – see recipe)

PREPARATION

1. Bring the water to a boil in a medium-size saucepan.
2. Add the salt, cinnamon, honey and oatmeal.
3. Reduce the heat, and simmer uncovered for five minutes or until most of the water has been absorbed.
4. Add the blueberries, orange zest and milk (or alternate beverage).
5. Bring to a simmer, and simmer five more minutes or until the oatmeal is thick and creamy and the blueberries have begun to pop. Cover and let stand for five minutes, then serve.