

# Cider Soaked Oatmeal with Coconut & Blueberries

4 SERVINGS 8 HOURS 15 MINUTES



## INGREDIENTS

2 cups Oats (rolled)  
2 cups Water  
1/4 cup Apple Cider Vinegar  
1/3 cup Walnuts (chopped)  
2 cups Unsweetened Almond Milk  
1/2 cup Unsweetened Coconut Flakes  
1 cup Frozen Blueberries

## DIRECTIONS

- 01 In a pot, combine the oats, water, apple cider vinegar and walnuts. Cover and let sit at room temperature overnight.
- 02 In the morning, add almond milk. Bring to a boil, then reduce heat to a simmer. Cook for 5 minutes covered, or until your desired consistency is reached.
- 03 Divide into bowls and top with coconut flakes and blueberries. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	323	Carbs	37g
Fat	17g	Protein	8g