

Lemon Poppy Seed Oatmeal

A bright and zesty oatmeal with the flavors of lemon and poppy seeds, enhanced with the subtle taste of Lemon Soleil tea.

PREP TIME: 5 minutes

COOK TIME: 10 minutes

1 C rolled oats
2 C water
1/2 C brewed Lemon Soleil tea, cooled
1 T lemon juice

1 T honey
1 t lemon zest
1 T poppy seeds
1/4 C sliced almonds

BRING THE WATER and Lemon Soleil tea to a boil in a saucepan.

ADD THE OATS and reduce the heat to low.

COOK, STIRRING OCCASIONALLY, until the oats are tender, about 5 minutes.

STIR IN THE LEMON JUICE, honey, lemon zest, and poppy seeds.

COOK FOR ANOTHER 2 MINUTES, until the mixture is well combined.

SERVE TOPPED with sliced almonds.