

Berry Almond Oatmeal

A nutritious and delicious oatmeal with the flavors of fresh berries and almonds, enhanced with the subtle taste of Almond Oolong tea.

PREP TIME: 5 minutes

1 C rolled oats
2 C water
1/2 C brewed Almond Oolong tea, cooled
1/2 C fresh mixed berries (strawberries,

COOK TIME: 10 minutes

blueberries, raspberries)
1 T honey
1/2 t vanilla extract
1/4 C sliced almonds

BRING THE WATER and Almond Oolong 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 BERRIES, honey, and vanilla extract.

COOK FOR ANOTHER 2 MINUTES, until the berries are softened.

SERVE TOPPED with sliced almonds.