



Lemon-Poppy Seed Oatmeal

INGREDIENTS

2 ¼ cups Hy-Vee original unsweetened almond milk, plus additional warm almond milk for serving

1 cup Hy-Vee old fashioned oats

2 tsp lemon zest, plus additional for garnish

1 tsp poppy seeds, plus additional for garnish

½ tsp Hy-Vee ground ginger

¼ tsp Hy-Vee sea salt, finely ground

¼ tsp Hy-Vee ground cinnamon

½ cup fresh raspberries

½ cup fresh blueberries

¼ cup Hy-Vee natural sliced almonds

¼ cup no sugar added white chocolate style baking chips

Hy-Vee Select 100% pure maple syrup, for serving

PREPARATION

- 1** Bring 2¼ cups almond milk to boil in a medium saucepan over medium-high heat. Reduce heat to medium; stir in oats, 2 teaspoon lemon zest, 1 teaspoon poppy seeds, ginger, sea salt, and cinnamon. Cook for 5 minutes or until liquid is absorbed and oats are softened, stirring occasionally.
- 2** To serve, spoon oatmeal into 2 serving bowls. Top with raspberries, blueberries, sliced almonds, white baking chips. Garnish with additional lemon zest and poppy seeds. Serve with additional warm almond milk and maple syrup, if desired.

NUTRITION FACTS

Calories: 230
Total Fat: 11g
Saturated Fat: 2g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 240mg
Carbohydrates: 5g
Fiber: 6g
Sugar: 3g
Protein: 7g