



PEACH PECAN SPICED OATMEAL: HEALTHY VEGAN BREAKFAST

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INGREDIENTS

5 MINUTES 1 SERVINGS

- 1/2 cup Rolled Oats
- 1 Peach
- 2 dates
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- Dash of nutmeg
- 1 cup water
- 1 tbsp pecan pieces

TAGS

#dairy-free #gluten-free #healthy #vegan #vegetarian #wholegrain



1

Gather ingredients



2

To make the oatmeal: Dice the peach into bite-sized pieces



3

Tear the dates into small pieces





4

In a small pot, combine the oats, diced peach, dates, cinnamon, ginger, nutmeg, and water.



5

Cover and bring to a simmer over medium heat.



6

Cook until oats are creamy, just 2-3 minutes.



7

Transfer to a serving bowl and top with pecan pieces



8

Dive in to breakfast!



9

