

Peaches & Cream Oats

Swick

Makes 6 cups | Active Time: 20 minutes | Total Time:

Chef's Notes

Suggested adult serving: 2 cups

Store any leftover oats in an airtight container in the refrigerator for up to 3 days.

NOTES

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Millet: Feel free to substitute quinoa if you are having a tough time finding millet.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make Oats

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| • 24 fl oz unflavored plant milk (≈3 cups) | In a saucepan over high heat, bring plant milk to a boil. |
| • 1 1/2 cups rolled oats | Stir in oats, half the peaches, ground ginger, cinnamon, and sea salt. Return to a boil; reduce heat to medium-low and simmer, stirring occasionally, uncovered, for 5 minutes. Remove from heat. Cover and let stand for 2 minutes. |
| • 3 peaches chopped (divided) (≈3 cups) | |
| • 3/4 teaspoon ground ginger | Top oats with remaining peaches and millet. Drizzle with maple syrup, if desired. |
| • 1/3 teaspoon ground cinnamon | |
| • 2 dashes sea salt | |
| • 3 tablespoons millet (optional) | |
| • 1 1/2 tablespoons pure maple syrup (optional) | |