

Oatmeal



- 1 C quick oats, (regular oats will work too, it just takes a little longer to cook)
- 1 beaten egg,
- 1/8 tsp sea salt,
- 1 C coconut milk,
- 1 C water,
- 1 tsp cinnamon.

Assemble ingredients. Beat the egg with a fork. Add 1 C coconut milk and 1 C water. Mix oats, coconut milk mixture, salt and cinnamon in a saucepan. Heat over medium heat, stirring constantly until thickened and creamy. Place in serving bowls and add almond or coconut milk, raisins, and/or honey as desired.