



Recipe Details

Recipe Name - Go-to Oats & Fruit Bowl

Recipe Steps -

Ingredients

- 1 cup frozen fruit
- 3/4 cup rolled oats
- 2 Tbsp flax seed
- 1 tsp cinnamon
- 1/2 to 3/4 cup plant milk
- 1 tsp dandelion powder (optional)
- A couple drops Stevia (optional)

Instructions

1. Microwave fruit for 1 minute.
2. Add all other ingredients and stir.
3. You can prepare this beforehand or even the night before; it's delicious!
4. Enjoy!



