



## BREAKFAST

# Classic Scottish Oatmeal with a Boost

Hearty oatmeal gets a boost from flax seeds, rosehips, pumpkin seeds, and cinnamon.

YIELD: Serves 4

### INGREDIENTS

2 cups almond milk (unsweetened)  
1/2 cup apple juice (unsweetened)  
Pinch of sea salt  
3/4 cup Scottish oats (steel cut oats)  
1/4 cup almonds (ground into a meal)  
2 tablespoons flaxseed (ground)  
1 tablespoon rosehips (ground, optional)  
1/2 teaspoon cinnamon  
2 tablespoons coconut oil  
1/4 cup pumpkin seeds (lightly toasted)  
Honey to taste  
Chopped fruit (fresh or dried)

### DIRECTIONS

1. The night before, in a medium bowl, soak the oats in 1 cup of almond milk with 1 tablespoon of lemon juice. Cover with a clean cloth and let stand at room temperature overnight.
2. The next day, in a medium pot, bring remaining almond milk, apple juice, and a pinch of sea salt to a gentle boil over medium heat.
3. Add in oats and ground almonds and stir until mixture begins to thicken. Turn the heat down to low.
4. Stir in ground flaxseeds, rose hips, and cinnamon and cook for another 5 minutes.
5. Stir in coconut oil. Top with pumpkin seeds and add raw honey or chopped fruit (fresh or dried) and more nut milk if desired.



### NUTRITION GEM

## Get Your Vitamin C Boost with Rosehips

Hearty oatmeal gets a boost from flax seeds, rose hips, pumpkin seeds, and cinnamon.

**Rosehips** — Compared to an orange, 1 tablespoon of rosehips contains 25% more iron, 20–40% more vitamin C (depending upon the variety), 25 times the vitamin A, and 28% more calcium.

**Oats** — Oats are a good source of fiber, particularly beta-glucan, which can help lower cholesterol, regulate blood sugar, and promote calmness.

**Flax Seeds** — Flax seeds are a rich source of fiber, omega-3 fatty acids, and lignans that contribute to improved digestion, heart health, reduced inflammation, lower cancer risk.



**Cinnamon** — Cinnamon has antioxidant, anti-inflammatory, and antimicrobial properties. It helps regulate blood sugar, supports heart health, and cognitive well-being.