

Simple Masala Oatmeal

10 mins

½ c Organic Rolled Oats

½" chopped fresh ginger

¼ tsp cinnamon

pinch of cumin

pinch of salt

1 c water

*nutmeg or cardamom is nice, too if you have it in your pantry

*maple sugar or syrup, or honey optional

Bring water to a boil, and place the oats and spices in the pot. Stir once or twice, then shut off the heat, and cover. Let sit for 10 minutes, and it should be cooked through and ready to eat! Add a bit of sweetener if you like.

Warm Almond and Date Shake

5 mins

10 soaked and peeled almonds

5 dates

¼ tsp cinnamon

black pepper

A pinch of cumin

1 c Warm water or warmed milk (cow, soy or almond)

Remove the pit from the dates. Place all of these ingredients in a blender, and blend until very smooth. Drink warm. Add a tsp of **raw cacao powder** for an added boost.