

Cold Weather Oatmeal

Submitted by Michelle Broussard-Hanes

“The cloves, dates and molasses really warm you up on a cold day!”

Ingredients:

2 cups Coconut Milk or Vanilla Rice Milk
½ cup freshly chopped apple (*Jonagold apples work really well*)
1 cup Old Fashioned Oats
1 tsp cloves
½ cup chopped or diced dates
1 heaping TBSP Molasses

Note: *If you prefer your oatmeal/porridge to be thicker, use less coconut or rice milk than indicated in this recipe.*

Directions:

In a mid-sized pot, bring the coconut milk or vanilla rice milk to a boil. Add the freshly chopped apples and cook for a few minutes, until the apples appear slightly wilted. Lower heat/flame, and add the old fashioned oats and cloves and cook according to your preference for texture. Add dates and molasses. Makes 2 servings.

“O ye faithful, let us take upon ourselves great labors in this season of abstinence, that we may obtain great glory, delivered from the flames of Hades through the mercy of our great God and King”

Gleanings from Orthodox Christian authors