

Power Oats

Ingredients

1 tbsp coconut oil
50 g quick cook steel-cut oats
1 tsp chia seeds
1 tsp flax seeds, ground
Dash sea salt
1 banana, cut into ½" pieces
Clean water

Preparation

1. In a small pot/saucepan, heat the coconut oil on low heat
2. Add the oats, chia seeds, flax seeds, salt, and banana
3. Add water according to the recipe for the oats that you're using
4. Cook on low heat until the oats are done

Notes

Using a non-stick pot is a great idea for this recipe as oats tend to stick to uncoated cookware

To get a bit more flavor from the banana, you can caramelize it first in the coconut oil before adding in the oats, chia seeds, flax seeds, salt, and water.