

# **Peaches n' Cream Oatmeal (THM E)**

Makes 1 serving

## **Ingredients:**

- 1/2 cup of old fashioned oats
- 1 cup unsweetened vanilla nut milk (or unsweetened nut milk please read note\*)
- 1 ripe, fresh, Peach diced
- 1tsp Whole Husk Psyllium Flakes
- 1tsp Baobab
- 1 TBS Unflavored Whey Protein Powder
- Pinch of mineral salt
- 1 TBS THM Gentle Sweet (or Truvia)

## **Directions:**

In a small sauce pan combine oats, psyllium flakes, almond milk, and baobab. Add the diced peaches, scraping your cutting board or dish to get as much juice as possible in the pot.

Bring to a boil over high heat, then reduce to a simmer. Simmer for 3 minutes.

Remove pot from stove and let sit for 5-10 minutes.

Pour the oats into a bowl, and stir in the whey protein, salt, and gentle sweet.

Sit down and enjoy!

## **notes**

\*The vanilla flavor is very important in this dish. If you only have unflavored nut milk, add a teaspoon of vanilla extract to your pot before cooking.

\*Fresh peaches take this dish to the next level. You can try it with frozen peaches, but it will not have the same affect.