



# ← Recipe Card →

## No Oatmeal Breakfast Cereal

### INGREDIENTS:

- 2 cups pecans
- 2 Tbsp flax seeds
- 2 Tbsp chia seeds
- Pinch sea salt
- Plant based milk of choice
- Toppings of choice

### DIRECTIONS:

- Place first four ingredients into a high-powered blender or food processor and process/pulse until ground (be careful not to overdo it, or you will get pecan butter!).
  - Place into a glass jar to store in the fridge.
  - When you want to make the hot cereal, just heat up 1 cup of your favorite milk and add 3/4-1 cup of the mixture, depending on how thick you want your no-oatmeal.
  - Heat over medium heat in a saucepan on the stovetop, stirring continuously until it begins to thicken.
  - Remove from heat and allow to sit for about 5 more minutes, it will thicken up even more.
- Makes about 2 1/2 cups of prepared hot cereal.
- Stir with your favorite toppings such as dried/fresh fruit, chopped nuts, cinnamon.
- This is similar to Cream of Wheat.



