



## **Chai Latte Oatmeal Bowl**

*Vegan & Gluten Free*

*Makes 2 servings*

### **FOR THE OATMEAL**

- 2 cups water
- ¼ teaspoon sea salt
- 1 cup old-fashioned rolled oats
- 2 scoops AmyMD Chai Latte Powder (see Note) or chai spice blend (recipe follows)
- 1 teaspoon pure vanilla extract
- ½ cup unsweetened plant-based milk (plain or vanilla)

### **FOR THE TOPPINGS**

- Unsweetened coconut chips, lightly toasted
- Flaxseeds
- Fresh berries, such as strawberries, raspberries, blueberries, and/or blackberries

1. In a small saucepan, bring the water and salt to a boil over medium-high heat. Reduce the heat to a simmer and stir in the oats and Chai Latte Powder. Cook, stirring frequently, until the oats are thick and creamy, about 10 minutes.
2. Remove the saucepan from the heat and stir in the vanilla extract and plant-based milk.
3. Divide the oatmeal between two bowls and top with coconut chips, flaxseeds, and fresh berries.

**Note:** If you don't have AmyMD Chai Latte Powder on hand, stir in ½ teaspoon of a store-bought chai spice blend and 8 drops liquid stevia with the vanilla extract and plant-based milk. Alternatively, you can make your own chai spice blend by combining:

- ¼ to ½ cup instant tea powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground cloves

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