Oatmeal Masala

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup rolled oats
2 cups milk or soy milk
0.5 ts cinnamon
0.5 ts cardamom
0.5 ts ground coriander
0.5 ts turmeric
A pinch of saffron
A handfull of raisins
Some nuts or seeds
A drizzle of honey?

Serves 2

Instructions

- Put the first 8 ingredients in a pot and cook according to the product info on the rolled oats package.
- When done, spoon the golden, aromatic porridge into bowls and drizzle some chopped nuts and perhaps a little honey on top? I like pumpkin seeds or walnuts.

You may wonder why the recipe contains both saffron and turmeric? Well, the saffron is for color and aroma both. I add the turmeric because it's so tremendously healthy.