

## Katia's Banana Apricot Oatmeal

By Katia Martha

---

### *Ingredients*

2 cups oats  
4 cups oat milk or any plant-based milk  
3 rrrriple bananas  
Handful of dried apricots, chopped  
2-5 tbsp. seed mix (chia seeds, hemp seeds, flax seeds)  
1 tsp. vanilla extract  
2 tsp. cinnamon (optional)

### *Directions*

Add oats, milk, and sliced bananas to pot on low heat. Use the back of the stirring spoon to mash the bananas. Add dried apricot. Keep stirring until the oatmeal starts to thicken and absorb the liquid (~15 minutes). Add seeds, vanilla extract, and cinnamon (if adding).

Turn off the heat and serve!