

## Almond Cinnamon Oatmeal

Yield: @ 3 cups

### Ingredients:

2 cups oats groats, soaked overnight, and rinsed well  
½ cup semi-soft pitted dates  
1 tablespoon ground cinnamon  
2 tablespoons water, as desired (see note)

¼ cup almonds chopped

### Directions:

Put soaked oats, dates, cinnamon and water in the food processor and process into a creamy texture similar to cooked oatmeal. For a thinner texture, add another ¼ cup of water to process

To serve, scoop into four bowls and top each with chopped almonds, fresh fruit and raisins

### Notes:

You may want to start with a small amount of water and add as you go

For Leftovers: After breakfast add more raisins to the leftovers and scoop by spoonfuls on to dehydrator trays and dry as desired for “oatmeal cookies”