

# Spiced Chia Pudding Oatmeal

So I'm going to be totally honest here. I didn't think of this myself. There is a restaurant here in Bend called Mothers. And they serve something really close to this. I NEVER order oatmeal at restaurants because it is something I can easily make at home and its pretty basic. I usually opt for something more complex. I don't know why I decided to try this but holy toledo.....it blew my mind. Yes, OATMEAL!!

It was so fluffy from the chia pudding and complex with all the spices. They topped it with nuts, bananas and berries and a drizzle of real maple syrup. I began to crave it. So the next few times I ate it I paid closer attention to how they made it. This is my version. It's pretty close. The very best part is you truly can make a large batch of this and when you rewarm it later in the week it will have the same fluffy texture as it did on day one. It makes the hard clump of regular oatmeal seem like chump change!

## Directions

### Makes 3 cups

Add the water, spices and salt to a heavy bottomed pot and bring to a boil. Reduce heat to low and add the oats. Place the lid on the pot with a small opening. Simmer gently till oats are soft and water is absorbed, stirring 2-3 times during the cooking time. About 10 minutes. Remove from the heat and stir in the chia pudding.

Serve with fresh fruit, nuts and a drizzle of your favorite sweetener. I love real maple syrup!

## Ingredients

2 cups water

1 cup rolled oats

1/4 tsp cinnamon

1/8 tsp ground cardamom or nutmeg

1/4 tsp salt

1 cup chia pudding

### Chia Pudding

1 cup whole milk, or any milk you like

3 tbsp chia seeds

## Chia Pudding Directions

Combined in a jar and shake. For the first 30 minutes shake every 10 minutes or so. Place in the refrigerator overnight. Give the jar a shake when you notice it in the fridge. It is ready to use the next day, but will last 5 days in your fridge.

Other than stirring into oatmeal, I also like to eat this as a snack with a drizzle of maple syrup, fresh fruit, vanilla extract etc.... You can experiment with different milks, like almond milk or coconut milk.