



## Overnight Spiced Apple Oatmeal

Serves 2

### Ingredients:

- 1 cup Lotus Oats Steel Cut
- 2 tbsp Lotus Organic Golden Linseed (Flaxseed)
- 1 tbsp Lotus Organic Brown Rice Syrup
- ¼ tsp Lotus Sea Salt Fine
- 1 litre Australia's Own Organic Almond Milk
- ¼ tsp Gourmet Organic Herb Ground Cinnamon
- ¼ tsp Gourmet Organic Herb Ground Nutmeg
- ¼ tsp Gourmet Organic Herb Ground Ginger
- 2 grated apples
- 1 tsp vanilla
- Toasted almond flakes to serve

### Method:

Combine everything in the slow cooker and set to cook overnight. In the morning serve with extra milk if needed and top with toasted flaked almonds and an extra dash of cinnamon.

