



Makes 4½ cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

2 cups unsweetened plant-based milk, such as almond, soy, cashew, or rice

1 cup rolled oats

1 cup sliced fresh or frozen rhubarb (½-inch pieces)

⅓ cup chopped pitted dates

Sea salt, to taste

1½ cups sliced fresh strawberries

Strawberry Rhubarb Oatmeal

Pleasantly tart rhubarb melts into this creamy oatmeal for sweet, fruity results with a bit of tang. Feel free to garnish with any additional berries you have on hand.

By Nancy Macklin, RDN

- 1 In a medium saucepan bring plant milk to boiling. Stir in oats, rhubarb, and dates. Reduce heat. Simmer, uncovered, 5 minutes, stirring occasionally. Remove from heat. Cover and let stand 2 minutes. Season to taste with salt.
- 2 Top with strawberries and, if desired, serve with additional plant milk.