

Rhubarb Oats with Crushed Hazelnuts

Ingredients – Serves 2

- 1 tsp Coconut Oil
- 100mls skimmed Milk
- 2 Rhubarb stems
- 40g Rolled Oats
- 1 tbsp Ground Flaxseed
- 100g Crushed whole Hazelnut
- Extra Berries as you like
- Dollop of Greek Yoghurt

Method:

1. Sauté, roughly chopped rhubarb in coconut oil on a low heat until softened (3-4 mins)
2. Add the milk and a 150mls hot water until lightly simmering.
3. Add 40g of oats and stir for 5-6 mins.
4. Transfer to a bowl.
5. Top with flaxseed and crushed Hazelnuts and berries and a dollop of Greek Yoghurt.

