

Chai Spiced Oatmeal

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In a medium sauce pan, combine

- 1 C Rolled oats
- 1 C Water
- 3 C Milk
- 1 T Honey
- 1/2 t Salt
- 1 t Ground cinnamon
- 1/4 t Ground ginger
- 1/8 t Ground cloves
- 5 Cardamom pods, cracked open
- Cracked black pepper to taste

Simmer until the oats are soft and creamy, about 10 minutes.

Notes:

- Makes 4 servings.
- Top with fruit, nuts, toasted coconut