

# Chia Seed Oatmeal *Vegetarian Dishes*

Source: [garden-of-vegan.tumblr.com](https://garden-of-vegan.tumblr.com)



**SERVES:**  
2



**PREP TIME:**  
10 MINS



**COOKING TIME:**  
5 MINS

A diet rich in complete proteins is important to vegetarians and meat eaters alike. Chia seeds are a versatile vegetarian-friendly complete protein.

## INSTRUCTIONS

1. Place almond milk in a small saucepan and let it come to a boil.
2. Stir in the oats. Cook about 5 minutes over medium heat, stirring occasionally.
3. Before taking it off the heat, add the chia seeds and give it a stir.
4. Place it in a bowl and stir in the toppings.

## INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup old fashioned oats
- 1 tablespoon chia seeds

### Toppings:

- 2 tablespoons blackberries
- 1 tablespoon coconut
- 1 tablespoon goji berries
- 2 tablespoons pumpkin seeds
- 1 tablespoon pecans
- 1 tablespoon maple syrup

Check out our list of other complete protein sources at:  
[rmlab.com/vegetarian-protein-sources](https://rmlab.com/vegetarian-protein-sources)



[www.rmlab.com](https://www.rmlab.com)



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