

Almond Oats with Honeyed Blackberries & Currants

Yield: 2 large servings or 4 smaller servings



Ingredients

Honeyed blackberries & currants:

¼ cup water

¼ cup honey

5 cloves

½ lb blackberries (4 oz halved lengthwise, 4 oz whole)

2 oz dried currants

Almond oats:

2 ½ cups water

1 cup rolled oats

2 oz slivered almonds

2 tablespoons honey

¼ teaspoon almond extract

⅛ teaspoon salt

Directions

Honeyed blackberries & currants:

In a small saucepan, combine the water, honey and cloves over medium-high heat. When the mixture is slightly warm, whisk to incorporate. Bring the mixture to a boil. Reduce the heat to medium-low and simmer for 5 minutes. Remove the pan from the heat and cool for 3 minutes. Pour the mixture over the blackberries and currants. Gently toss to combine. Let marinate for 30 minutes or overnight.

Almond oats:

Bring 2 cups of the water to a boil in a 2qt saucepan. Stir in the oats and reduce the heat to medium-low. Cook the oats, stirring often. After about 8 minutes, most of the water will be absorbed. Add ½ cup of water to finish cooking, a couple minutes longer. Stir in the almonds, honey, almond extract and salt.

To serve:

Serve a bowl of oatmeal with a heaping spoonful of the honeyed blackberries and currants. Garnish with more almonds if you'd like.