

# Clean Eating Gingerbread Oatmeal



*(Makes 4 servings)*

Ingredients:

4 cups water

1 cup steel cut oats

1 1/2 tablespoons ground cinnamon

1/4 teaspoon ground coriander

1 teaspoon ground cloves

1/4 teaspoon ground ginger

1/4 teaspoon ground allspice

1/8 teaspoon ground nutmeg

1/4 teaspoon ground cardamom

Maple syrup to taste

Directions:

Cook the oats to package directions but include the spices when you add the oats to the water.

When finished cooking, add maple syrup to taste.

Source: Unknown, Credit given to the originator of this recipe

