

Blueberry Oats

INGREDIENTS

- 1 cup frozen blueberries
 - 1/2 cup oats
 - 1 tbsp chia seeds
 - 1 tsp honey
 - 1/2 tsp vanilla
- 1 cup coconut water
- 1/4 cup nuts and seeds of your choice (today I used flaked almonds and pistachios)

To make this put all the ingredients except the nuts and seeds in a small saucepan and cook over a medium heat till the blueberries start to burst and it's all deliciously thick. Top with the nuts and more blueberries. Easy, delicious, nutritious ...the perfect breakfast.