

GRACE GOUDIE

One Pot Shot: Turmeric & Chai Oatmeal

<https://www.gracegoudie.com/all-recipes-blog/one-pot-shot-turmeric-chai-breakfast-oatmeal-recipe>

INGREDIENTS:

- 1 cup old fashioned oats
- 2 cups oat milk
- 2 ea black tea bags
- 4 ea star anise pods
- 2 ea cinnamon sticks
- 2 tsp cardamom, ground
- 1 inch ginger
- 5 ea cloves
- 2 tsp black peppercorns
- 1 tbsp turmeric

DIRECTIONS:

1. **To make the golden milk:** Heat up a dutch oven or medium sized pot, and add the spices to the pot. Toast the spices until they are fragrant. Once the spices are fragrant, add the oat milk, ginger and black tea bags, bring this to a simmer. Once it is simmering, turn the heat off and let it steep for 30 minutes. Once it has steeped, strain the oat milk and discard the spices and tea. Add the chai infused oat milk back into the pot. Bring the chai oat milk back to a simmer and add the turmeric. You now have golden chai oat milk! *(Pro tip: This step can be done ahead of time and saved for easy cooking in the morning!)*
2. **To make the oatmeal:** Bring the golden chai oat milk to a simmer, and whisk the oats into the simmering liquid. Cook the oatmeal until the oats have soaked up the liquid and are fully cooked. Make sure to constantly stir the oatmeal or it will burn.
3. **Topping the oatmeal:** Eat the oatmeal hot and top with your favorite fruit or added crunch! I love putting pomegranate seeds on this oatmeal, but brûléed bananas, toasted pumpkin seeds or chia seeds are some of my favorites as well!

(Protip: This recipe uses oat milk as a dairy free option, but it can be swapped out for any other milk or even water!)

