

Caramelized Banana Oatmeal



Serves: 2-4



Cooking Time:



Level: Easy



INGREDIENTS

For the oatmeal

14 ounces can coconut milk
1/2 cup milk
1/2 a vanilla bean, split lengthwise
1/4 teaspoon ground ginger
1/8 teaspoon ground cardamom
1 cup regular rolled oats

For the bananas

2-3 ripe bananas
2 teaspoons raw granulated sugar
1 teaspoon coconut oil
Flax seeds
Lemon zest
Maple syrup

PREPARATION

1. In a saucepan over medium heat stir together the milks and spices. Scrape the seeds out of the vanilla bean and add them and the pod to the pan. Bring to a simmer, stirring frequently for 5 minutes. Add the oatmeal and allow to simmer for another 4-5 minutes or longer if you want a thicker oatmeal.
2. Meanwhile, peel the bananas and cut them in half. Halve them lengthwise. Sprinkle the sugar over them and set aside. In a nonstick skillet over medium-high heat, add the coconut oil. Place the bananas in the skillet, cut side down for a couple minutes. Gently flip and allow the other side to turn golden.
3. Ladle the oatmeal into a bowl and top with a couple banana halves. Garnish with Lemon zest, flax seeds and maple syrup to taste.