

# Lemon-Poppy Seed Oatmeal

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To make warm lemon-poppy seed oatmeal, cook rolled oats in a saucepan with milk, maple syrup, lemon juice, lemon zest, and poppy seeds. A quick-cook method takes about 5–7 minutes, but heartier steel-cut oats will require more time. For a quicker option, prepare overnight oats by mixing the ingredients and letting them sit in the refrigerator.

## Ingredients

- 1 cup old-fashioned rolled oats
- 2 cups non-dairy milk (such as almond or coconut) or water
- 2 tbsp fresh lemon juice
- 1–2 tbsp maple syrup (or to taste)
- 2 tsp poppy seeds
- 1 tsp lemon zest
- Pinch of salt
- 1 tsp vanilla extract (optional)

## Instructions for warm oatmeal

1. In a medium saucepan, combine the rolled oats, milk or water, and a pinch of salt.
2. Bring the mixture to a boil over medium-high heat. Then, reduce the heat to a simmer.
3. Stir occasionally and cook for 5–7 minutes, or until the oats are softened and have absorbed most of the liquid.
4. Remove the pan from the heat. Stir in the lemon juice, maple syrup, poppy seeds, and lemon zest.
5. Taste and add more maple syrup if you prefer a sweeter flavor.
6. Divide into bowls and serve with fresh berries or additional poppy seeds and lemon zest for topping.

## Instructions for overnight oats

1. Add the oats, milk, lemon juice, maple syrup, poppy seeds, lemon zest, and salt to a large mixing bowl or a mason jar.
2. Stir the ingredients well to combine.
3. Cover the container and refrigerate for at least 8 hours, or preferably overnight.
4. In the morning, serve the overnight oats cold or warm them up slightly before eating.
5. Top with optional garnishes like fresh blueberries or vegan yogurt.

## Variations

- Steel-cut oats: For a heartier texture, use steel-cut oats. Note that they will require a longer cooking time (about 20–25 minutes) when preparing warm oatmeal.
- Add chia seeds: For a boost of healthy omega-3 fats, add 1 tbsp of chia seeds to the mixture. This is especially good for overnight oats, as the seeds help to thicken the texture.
- Make it extra creamy: Stir in a tablespoon of Greek yogurt or a spoonful of cashew or almond butter for extra creaminess.