****

**VANILLA FIG OATMEAL**

Here’s another recipe from Engine 2. This figgy vanilla oatmeal is warming and filling - like starting your day with a nourishing hug! Makes 1 medium serving.

**Ingredients:**

* 1 cup boiling purified water
* ½ cup rolled oats
* ¼ tsp vanilla
* 1 pinch cinnamon
* 2 dried figs, chopped
* 1 Tbs. pumpkin seeds
* Optional: 1 tsp. maple syrup
* 2 Tbs. unsweetened plant milk

**Method:**

1. In a bowl or travel jar, add rolled oats, cinnamon, vanilla and 1 tsp. maple syrup and stir. Leave the spoon in the jar to help conduct the heat from the boiling water so the glass won’t crack.
2. Add 1 cup boiling water to the jar/bowl.
3. Cover the jar/bowl and let sit for 5 minutes.
4. Chop figs and pumpkin seeds and stir into the jar/bowl.
5. Top with plant milk and serve.