

Middle Eastern Date & Almond Oats (Lebanon)

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 1

Ingredients:

- ½ cup oats
- 1 cup almond milk
- 2 chopped dates
- 1 tbsp crushed almonds
- Pinch of cardamom

Instructions:

1. Cook oats in almond milk over medium heat until thick and creamy.
2. Remove from heat and stir in chopped dates, crushed almonds, and a pinch of cardamom.
3. Serve warm and enjoy a lightly spiced, naturally sweet breakfast.

Nutritional Values (per serving):

- Calories: 210 kcal
- Protein: 6 g
- Carbohydrates: 38 g
- Fiber: 5 g
- Fat: 5 g
- Sugar: 12 g

Health Benefits:

- Dates provide natural sweetness and energy
- Almonds add protein, healthy fats, and crunch
- Oats offer slow-digesting carbs for steady energy
- Cardamom adds antioxidants and flavor

Pro Tips:

- Use soaked dates for a softer texture
- Top with extra almonds or a sprinkle of cinnamon for added flavor
- Serve immediately to enjoy the creamy consistency