

# OATMEAL WITH STEWED CALIFORNIA PRUNES

SERVES: 4 | DIFFICULTY: EASY | PREP TIME: 5 MIN | COOKING TIME: 30 MIN

## INGREDIENTS

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- 8 oz of dried California Prunes
- 2 cups of water
- 1 cinnamon stick
- 2 orange slices, halved
- 4 servings of oatmeal

### *suggested toppings*

- brown sugar
- cinnamon
- almonds
- peanut butter

## DIRECTIONS

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1. To make the stewed prunes, add the prunes, water, cinnamon stick, and orange slices to a medium saucepan. Bring to a boil
2. Cover the saucepan with a lid and reduce the temperature to low. Simmer the prunes for 30 minutes until soft and plump with some liquid still remaining in the saucepan.
3. Just before the prunes have finished cooking, prepare the oatmeal.
4. Serve the oatmeal with prunes, brown sugar, and cinnamon. I also like to top my oatmeal with peanut butter and almonds.
5. The stewed prunes can be kept in the fridge for a week.