

ONE BITE

VEGAN MAGAZINE

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Your guide to vegan wine



Make ahead oatmeal with
dehydrated strawberries

By Anne Lawton

Make ahead oatmeal with dehydrated strawberries

Busy mornings are a breeze when you have jars of make-ahead oatmeal with dehydrated strawberries all ready to go.

Here's how to dehydrate strawberries at home using a dehydrator:

1. Wash, dry and hull the strawberries.
2. Slice the strawberries vertically into 1/4 inch thick slices.
3. Place the strawberry slices on the dehydrator trays.
4. Cover the dehydrator and turn it on.
5. Allow them to dehydrate for 5 to 7 hours. Strawberries are done when they are deep red in color and feel dry to the touch.
6. Allow to cool for 30 minutes and remove from trays.
7. Condition the berries by placing them loosely in a clean glass jar for 4 to 5 days and shake the jar once a day to separate the pieces. Check for condensation to appear. If no condensation is present, your berries will be ready to store.
8. Store them in a clean glass jar away from light, for up to six months

Once the berries have completed the dehydration process, you can use them to make up a few jars of make-ahead oatmeal with dehydrated strawberries.

Make ahead oatmeal with dehydrated strawberries

Serves 4

Ingredients

- 2 cups rolled oats
- 4 tablespoons chia seeds
- 2 1/2 cups dehydrated Florida Strawberries
- 8 cups filtered water



Optional Additions:

- Nut Milk
- Almond or your favorite nut butter
- Your favorite nuts
- Shredded coconut
- Cacao Nibs
- A Dash of Maple Syrup

Instructions

Add 1/2 cup of oatmeal into each of 4 storage bowls or jars

Top with 1 tablespoon of chia seeds

Add the strawberries

Cover and Store





Instant oat method:

When ready to use, shake the jar to mix up the ingredients.

Add 1 cup filtered water to the oats and microwave on high for up to a minute checking periodically so that they don't overflow.

Add milk, nut butter, and your favorite topping.

Overnight oat method:

Shake up the jar to mix the ingredients, add the water and place in the refrigerator overnight.

Add milk, nut butter, and your favorite topping.



About the author...

Anne lives in New Jersey and is the voice behind the blog Simple and Savory. She believes that preparing your own food with wholesome ingredients not only tastes better, it is much better for your health. When she first started Simple and Savory, it was merely a place for her to organize her family recipes. In early 2017 she decided to share her passion for healthy cooking through her blog. Anne hopes Simple and Savory will inspire more people to prepare their own meals at home. When she's not blogging, she enjoys being outdoors, spending time with her family, shopping for local food and growing her own vegetables.

You can find more of Anne's recipes at www.simpleandsavory.com