



## Recipe Details

Recipe Name - Angel's Oats

Recipe Steps -

### Ingredients

- Oats (about 3/4 cup)
- 3 cups water
- Frozen mangos (you can use whatever fruit you'd like)
- 2 tsp maple syrup (or date paste)

### Instructions

1. Place ingredients into a small pot except for maple syrup
2. Cook on medium heat for about 4 minutes (until it's the consistency and temperature you desire)
3. Take off the stove and add maple syrup
4. Enjoy!

