

Tropical Oats with Chia Seeds

Ingredients

- 2 cups pure coconut water
- 1 cup quick-oats
- 2 tablespoons ground flax seeds
- 1 cup diced pineapple
- 1 cup diced kiwi
- ¼ cup toasted sweetened coconut chips

Directions

1. In a medium sauce pan, bring coconut water to a boil.
2. Add oats and ground flax
3. Reduce heat, and simmer about 5 minutes
4. Spoon oat mixture into four bowls, top with fruit and coconut