

## Oat meal with yogurt, sesame & persimmon

Persimmon is a magical autumn fruit, a source of dietary fiber, vit. C, B6 & A, manganese and all the minerals & vitamins in smaller portions

### Ingredients

- ♥ 2 t.s. oats (whole flakes), soaked for 10 min. in 4 t.s. warm water
- ♥ 4 generous t.s. full cream yogurt (I use Bulgarian yogurt 4,5% fat)
- ♥ 1 generous teaspoon wholegrain sesame, 1 generous teaspoon flaxseed (I use an old coffee grinder to ground the seeds)
- ♥ 2-3 walnuts, crushed in larger pieces
- ♥ 1 t.s. extra virgin olive oil (EVOO)
- ♥ 1-2 dried figs, cut in smaller pieces
- ♥ 1 persimmon, diced (in case the peel is much hard, I discard it. I like the harder & smaller Jiro variety)

### Preparation steps

- ♥ Add all the ingredients to the soaked oats and mix well. Leave for another 5 min. for the flavours and textures to bond together
- ♥ The persimmon comes on top, this way with each spoon I get 1-2 pieces

I use high phenolic & early October harvest #extravirgin. This way the health benefits of the breakfast meal multiply. Such cultivars/ olive varieties are Coratina, Picual, Frantoio, Moraiolo, Picudo, Memecik, etc.



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