

purely elizabeth.

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as seen in...

PURELY ELIZABETH ANCIENT GRAIN ORIGINAL



Coconut oil and coconut palm sugar give nutritious grains like quinoa and amaranth a tropical, caramel-like sweetness. (\$8; purelyelizabeth.com)

DO-IT-YOURSELF INGREDIENTS

2 cups rolled oats, 2 Tbsp. coconut oil, ¼ cup honey, 2 Tbsp. brown sugar, 2 Tbsp. uncooked quinoa, 2 Tbsp. chia seeds, 2 tsp. cinnamon, and ½ tsp. salt.



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