

Japanese Knotweed and Strawberry Compote Over Oatmeal

Ingredients

- 2 cups of Japanese knotweed, cleaned with leaves removed, chopped into small pieces
- 2 cups of strawberries, cleaned and chopped
- 3 tbsp. agave nectar or maple syrup
- 1 tsp. vanilla extract (optional)
- A pinch of salt
- 3 cups of old-fashioned oats

Steps

1. In a medium saucepan, combine the knotweed, strawberries, agave, vanilla, and salt. Heat on medium, stirring frequently. Cook until the knotweed and strawberries have mostly broken down, and you're left with a somewhat juicy mixture with larger, soft fruit chunks.
2. In the meantime in a separate pot, add the oats with a pinch of salt and six cups of water. Bring to a simmer, stirring often, until it is thick and the oats are soft.
3. Serve the compote warm over oatmeal.

Food for thought:

- *The compote will stay good in the refrigerator for a week or two. Only make the oats as you need them, keeping in mind a single serving is usually around ½ cup of dry oats.*
- *Compote is delicious on oatmeal, but there are other options. Try this strawberry knotweed compote over a vegan vanilla ice cream, or as a pancake topper!*
- *If you're not a forager, you can just substitute the Japanese knotweed in this recipe with rhubarb. Delicious!*

