



How to Make Healthy Oatmeal and Not get Bored!

Choose from the following categories to create a variety of Oatmeal options. Don't like Oats? Try Cream of Wheat.

OATS <i>1/2 cup</i>	FRUITS <i>1 svg fits in one cupped hand</i> <i>dried fruit svg 2 tbs</i>	SPICES <i>add to desired taste</i>	TOPPINGS <i>1-2 Tbs</i>
Rolled Oats Steel Cut Oats	Diced Apples Raisins Dried Cranberries Dried Cherries Dates Apricots Berries Banana Mango	Cinnamon Nutmeg Ground Clove Pumpkin Spice All Spice	Almonds Walnuts 1Tbs natural nutbutter Ground Flax Seed Oat Germ Bee Pollen Shredded Coconut Protein Powder 1tsp maple syrup 1 tsp honey/agave 1/2c milk or milk alternative Stevia

Time Saver Tip: Pour boiling water over your oatmeal and cover it. Get ready for your day while it cooks (5-10 minutes). Add toppings and enjoy!

Benefits:

Oats help to stabilize blood sugar. Oats can also help to lower cholesterol and help prevent heart disease (especially accompanied by exercise!)

By not choosing instant varieties of oatmeal you are giving your body vitamins and nutrients that Instant options lack.

By making your own oatmeal you eliminate unhealthy added sugars, sodium and preservatives while upping your fiber and nutrient intake.

For added Protein, enjoy with an egg or egg whites.

Sample Ideas:

Rolled Oats with apricots, cinnamon, nutmeg, shredded coconut and slivered almonds.

Steel Cut Oats with Diced Apple, cinnamon, ground flax seed, milk and stevia if more sweetness is desired .

Rolled Oats with chopped dates, cinnamon, nutmeg, ground cloves, slivered Almonds and ground Flax seed

Rolled Oats with Blueberries and cinnamon sprinkled with Stevia (optional).