Cranberry-Orange Breakfast Oatmeal
Recipe inspired by “allrecipes.com” – Use a variety of dried and fresh fruit and nuts!

Ingredients:
• 3/4 cup old-fashioned rolled oats
• 1/2 teaspoon ground cinnamon, or to taste
• 1/4 cup dried cranberries, fig pieces, or raisins
• 1/2 cup frozen blueberries or other fruit
• 1 cup water
• 1/4 cup fresh-squeezed orange juice, or as needed

Method:
1. Place the rolled oats, cinnamon, cranberries, and blueberries in a microwave safe bowl. Add the turmeric and ginger, if desired. Pour in the water and stir to mix ingredients. Cook on High until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.
2. Stir. Top with additional fresh fruit, milk, or yogurt. – Enjoy!

More recipes can be found at: www.hopelink.org/need-help/food/healthy-recipes