

## 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](http://www.hopelink.org/need-help/food/healthy-recipes)

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