

Fruity Breakfast Oatmeal

Recipe inspired by "geniuskitchen.com" – *This recipe can use a variety of dried and fresh fruit and nuts! Get creative, and utilize foods you have on hand.*

Ingredients:

- ½ cup old-fashioned oatmeal
- 5 ounces water
- 1 tablespoon raisins (or other dried fruit)
- 1 tablespoon walnut pieces (or other nuts)
- 1 -2 dash salt
- 1/8 teaspoon cinnamon
- *Optional:* 1 -2 teaspoon brown sugar or honey

Method:

1. Put all ingredients in microwave safe bowl with extra room (so it does not boil over). Microwave on HIGH for 2 minutes.
2. Stir. Top with fresh fruit, milk, or yogurt.– Enjoy!

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

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