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