

Oat Recipe

1. Mix the following together:

- ¼-½ cup plain, old-fashioned or steel cut oats
- ½-1 cup fruit of choice
- 2 tsp cinnamon
- 2 cup water or milk

**Microwave 4-6 min

2. Pick a healthy protein (pick 1 or 2):

- Greek yogurt (in oats or on the side)
- Milk (1/2 cup with oats, 1/2 cup to drink)
- 2-3 Eggs (on side)
- 2 slices turkey bacon (on side)
- 1 scoop protein powder (in oats, love vanilla and chocolate!)

Add a healthy fat (pick one only):

- 1 tsp-1TBS nut butter
- 2-3 TBS chia or flaxseeds
- 1 handful nuts

**Extra flavor: 1 TBS Walden Farm's sugar/calorie-free maple syrup