

# Oatmeal

## with Seeds & Fruit Topping

1 cup large-flake rolled oats  
3 cups water  
1 tsp salt  
1 tsp cinnamon

*Optional toppings: ¼ cup of any dried, packaged nuts or dried fruit; toasted pumpkin and sunflower seeds; ground flaxseed; soy or cow's milk*

### Instructions

In a large pot on high heat, bring the water and salt to a boil. Add the oatmeal and reduce heat, stirring, uncovered.

After a few minutes, add cinnamon. Cook until oatmeal thickens to the consistency you like, about 10 minutes. Spoon your portion in to a bowl and top with your toppings of choice.

If you have leftovers, oatmeal reheats beautifully the



**Oats** are low in calories and high in fiber and protein. They're a rich source of magnesium, potassium, zinc, copper, manganese, selenium, thiamine, and pantothenic acid.

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