



Makes 4 Servings
Cook Time: 12 minutes

INGREDIENTS:

4 cups water
2 cups old-fashioned rolled oats
1/2 cup raisins
1/2 teaspoon cinnamon
1/4 teaspoon salt
Vanilla soy or rice milk, optional

Cinnamon Raisin Oatmeal

Eating a breakfast of hearty, old-fashioned rolled oats in the morning will keep you satisfied until lunchtime. This oatmeal recipe includes raisins for a bit of natural sweetness with no added sugar.

From *Forks Over Knives -- The Plant-Based Way to Health*

By Jo Stepaniak

- 1 Combine all ingredients in a heavy saucepan.
- 2 Bring to a boil, lower heat, and cook, stirring occasionally, for about 10 minutes, or until cooked to your liking.
- 3 Serve plain or with vanilla soy or rice milk, if using.