



Makes about 1½ cups
Cook Time: 15 minutes

INGREDIENTS:

¾ cup rolled oats

¼ teaspoon ground cinnamon

Pinch of sea salt

¼ cup fresh berries (optional)

½ ripe banana, sliced (optional)

2 tablespoons chopped nuts,
such as walnuts, pecans, or
cashews (optional)

2 tablespoons dried fruit, such
as raisins, cranberries, chopped
apples, chopped

Apricots (optional)

Maple syrup (optional)

Healthy Oatmeal with Fruit and Nuts

Oatmeal is one of my favorite breakfast foods. It is quick to prepare and easily adaptable to my ever-changing moods—some days I want it with fruit, some days I want it plain, and sometimes I want a little bit of everything in it (that's when I include all of the optional ingredients listed here!). This basic recipe is all you need to get started ... add as much or as little of the extras as you like.

From *The Forks Over Knives Plan*

By Del Sroufe

- 1 Combine the oats and 1½ cups water in a small saucepan. Bring to a boil over high heat. Reduce the heat to medium-low and cook until the water has been absorbed, about 5 minutes.
- 2 Stir in the cinnamon and salt. Top with the berries, banana, nuts, and/or dried fruit, as you like. If desired, pour a little maple syrup on top. Serve hot.