



## Healthy Oatmeal Recipe

### Ingredients:

Approximately seven cups of old fashion oatmeal or Rolled Oats.  
1 cup of raw sunflower seeds or pumpkin seeds  
½ cup of dried blueberries/raspberries, strawberries or raisins  
(berries are low in sugar and have a low GI index)

### Directions:

Mix these ingredients thoroughly and store in the refrigerator in a Ziploc bag. **For one serving**, add a cupful to a pan of water, I like almond milk, cook for about 10 minutes over a medium flame in a pot.

Serve with a ½ handful of fresh blueberries/strawberries or raspberries and enjoy.

Hint: Combine this with a high quality, low fat protein source and you have the formula for a perfect breakfast!