

Sailor's Daily Oatmeal

The ultimate in taste, nutrition, and convenience that keeps you going for hours. This twist on traditional cooked oats is refreshing and delicious!

Ingredients:

- 1 cup whole grain oatmeal (not quick or instant oats)
- 1 small apple or pear
- 1 medium banana
- Handful of raisins
- Handful of blueberries and/or strawberries
- Unsweetened soy, almond, or rice milk
- Ground cinnamon
- Wheat berry flakes
- Flaxseeds

Instructions:

1. Put the oats into a large bowl.
2. Add a handful of raisins.
3. Add enough cold water to just moisten the oats, then add your plant milk of choice.
4. Let this mixture soak. While it soaks, slice the remaining fruit.
5. Add remaining fruit and sprinkle with cinnamon, wheat berry flakes, and flaxseeds.

