

# Optimum Oatmeal

Servings: 2

## Ingredients:

- 3 cups *water*
- $\frac{1}{2}$  cup *steel cut oats*, dry (if using rolled oats, use 1 cup)
- Pinch of *sea salt*
- 3 tablespoons *plain soy milk*
- 2 teaspoon *wheat germ*
- 2 teaspoon *ground flaxseed*
- $\frac{1}{2}$  cup fresh *blueberries*, rinsed and dried
- 8 *walnut halves*, chopped
- 2 teaspoon *pure honey*



## Directions:

1. Bring water to a boil in a pot.
2. Stir in oats and reduce heat to simmer, cook uncovered, stirring occasionally for 25 minutes or until most of the water is absorbed.
3. Stir in salt and soy milk. Continue to simmer for 5 minutes or until oats are thick and fluffy.
4. Remove pot from heat and stir in wheat germ and flaxseed until thoroughly mixed.
5. Fold in blueberries.
6. Spoon oatmeal into a bowl and top with walnuts, drizzle with honey and enjoy.

## Nutrition:

 (Serving size:  $\frac{1}{2}$  of recipe)

<i>calories:</i> 266	<i>protein:</i> 9g	<i>total carbohydrate:</i> 42g	<i>total fat:</i> 9.5g
<i>sugars:</i> 10g	<i>sodium:</i> 349mg	<i>dietary fiber:</i> 6.5g	<i>saturated fat:</i> 1g