



Recipes

Breakfast

Soaked Oats

Prep Time: 5 minutes

Yield: 1 serving

Ingredients:

1 cup rolled oats

1/4 cup dried fruit (such as blueberries, raisins, cranberries, currants)

1/4 cup flax or sunflower seeds

water

Directions:

1. The night before, place all ingredients in a bowl, then fill about 1/2 inch above oats with water.
2. Cover.
3. Place in a cool, dry place overnight.
4. In the morning, warm with a bit of water over the stove or eat at room temperature.

Variations:

In the morning you can heat up a cup of soy or rice milk to serve with oats and/or cut up fresh fruit to mix in. Also try pumpkin seeds or chopped nuts to add variety.

Note:

This is a great breakfast to bring along with you on the road. In a plastic container, pre-mix oats with your favorite toppings, add water to soak the oats, and take them with you.