



# Recipes

## Breakfast

### Warm Gingery Oatmeal

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 3 servings

#### Ingredients:

2 cups water

1 cup rolled oats

1/4 cup raisins

1/4 cup goji berries

2 teaspoons grated ginger

Pinch of salt

1/4 cup sunflower seeds

1 tablespoon agave nectar

#### Directions:

1. Bring water to boil.
2. Add oats, raisins, goji berries, ginger and a pinch of salt.
3. Reduce heat to low.
4. Cook until water is absorbed and oats become creamy (about 7 minutes).
5. Remove from heat and add sunflower seeds and agave nectar.

#### Variation:

To make oatmeal creamier try using rice, soy or nut milk instead of water.