

Grab and Go Oatmeal

Ingredients:

1/3 cup instant oats
2 teaspoons powdered milk or protein powder
2 teaspoons oat bran
1 teaspoon chia powder or flax seed powder
1/8 teaspoon cinnamon
1 teaspoon to one tablespoon dried sweetener of your choice
pinch of salt
1/8 cup dried fruit or nuts (or both) of your choice



Directions:

Mix all the above ingredients together. Choose your sweetener and add-ins. Pack into a zip-lock bag or jar. Direction

To prepare hot oatmeal – Add 1/2 -3/4 cup boiling water to Basic Recipe pre-packaged packet. Let mixture sit for 3 minutes. Grab and Go!

Sweeteners (Your Choice)

- Maple sugar powder
- Xylitol
- Powder honey
- Stevia
- Coconut sugar
- Brown sugar or pure can sugar

Add-in Ingredients (Your Choice)

- Dried or dehydrated fruits
- Chopped nuts
- Cocoa powder
- PB2 (peanut butter powder)
- Coconut
- Spices (nutmeg, cardamom or ground vanilla bean)

Oatmeal Flavor Ideas

- Apple Cinnamon
- Blueberry Pecan
- Cherry almond
- Cranberry Walnut
- Raspberry Vanilla
- Peanut butter and Chocolate
- Peanut butter and freeze dried bananas

Prep time: **5 minutes**

Cook time: **3 minutes**

Yield: 1

Serving size: 1

Calories per serving: 216

Hot Oatmeal

Directions:

To prepare hot oatmeal – Add $\frac{1}{2}$ - $\frac{3}{4}$ cup boiling water to Basic Recipe pre-packaged packet. Let mixture sit for 3 minutes. Grab and Go!

Oatmeal Parfait

Directions:

In a pint jar; mix $\frac{1}{2}$ cup of cold water, $\frac{1}{4}$ cup yogurt and 1 packet of the Basic Recipe. Stir or shake in jar and let sit for several hours or overnight. Grab and Go!