

Delicious Nutritious Oatmeal

Blend Time:

90 seconds

Assembly Time:

2 minutes

Ingredients:

- 🌱 1/2 Cup Slow Cooking Oats
- 🌱 1/8 Cup Slivered Almonds
- 🌱 1/8 Cup Raisins (quantities to your liking)
- 🌱 3 or 4 Walnut Pieces
- 🌱 1/2 Cup Slivered Almonds
- 🌱 Pinch of Iodized Sea Salt
- 🌱 A Couple Shakes of Cinnamon
- 🌱 A Couple of Spoonful's of Blueberries
- 🌱 4 Small Glass Bowls



Instructions:

1. Assemble the first 5 ingredients into 4 equal sized small bowls
2. Place 3 bowls in the refrigerator for use the following mornings
3. Take the 4th bowl, add water, to soak overnight (do this before you go to bed each night)
4. After soaking, place in the refrigerator with other 3 bowls
5. In the morning, put soaked mixture into toaster oven on 400 for 20 minutes or into microwave for 2 minutes. Watch that it doesn't bubble over.
6. Once cooked, add a dash of iodized sea salt, a couple shakes of cinnamon, and a couple spoonful's of blueberries
7. Enjoy!