

Fruit & Nut Oatmeal FOK

Swick

Serves 2 | Active Time: 5 minutes | Total Time: 12 minutes

Step 1: Making the Oats

- ¾ cup rolled oats
- ¼ tsp ground cinnamon
- sea salt, to taste
- ¼ cup fresh berries
- ½ ripe banana, sliced
- 2 tbsp chopped nuts, such as walnuts, pecans, or cashews
- 2 tbsp dried fruit, such as raisins, cranberries, chopped apples, chopped apricots
- maple syrup (optional)

Combine the oats and 1 1/2 cups water in a small saucepan. Bring to a boil over high heat. Reduce the heat to medium-low and cook until the water has been absorbed, about 5 minutes. Stir in the cinnamon and sea salt.

To serve, top with the berries, banana, nuts, and/or dried fruit. If desired, pour a little maple syrup on top. Serve hot.