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HOW TO: MAKE OATMEAL INTERESTING

Packed with nutrients, antioxidants, and fiber, whole grain oatmeal can help lower LDL and total cholesterol levels, reduce blood sugar and insulin response, increase your feeling of fullness, aid in weight control efforts, aid in regularity, and promote the growth of helpful bacteria in your digestive tract.

Oatmeal is a quick and easy to make whole grain. One half cup of oats, one half cup of water, one half cup of milk, and a pinch of salt to aid gel formation, brought to a boil and then left to simmer on low until done (about 5 minutes depending on the type you purchase). *Voilà!* Your oatmeal is ready.

Delicious things to add to oatmeal before cooking

- red and golden raisins
- dried apricots (cut into pieces)
- dried cherries (cut into pieces)
- dried blueberries
- dried currants
- dried apple (cut into pieces)
- pinch of black pepper
- bits of crystallized ginger

Delicious things to add to oatmeal after cooking

- unsweetened coconut
- *toasted* unsweetened coconut
- hemp seeds
- chia seeds
- flax seeds
- walnuts, pistachios, unsalted cashews, sliced almonds
- fresh blueberries, strawberries, apple bits, sliced banana ….
- drizzle of honey
- drizzle of cream of dollop of yogurt
- homemade chia flavoring: 2 tsp brown sugar, ¼ tsp cinnamon, 1/8 tsp ground ginger, pinch of ground cardamom, pinch of ground black pepper (make a bigger batch and store it in a glass jar).