



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Perfect Oatmeal

Ingredients:

- 2-1/4 cups water
- Dash of salt
- 1 cup regular rolled oats
- 1/2 tsp cinnamon
- 1/4 cup dried cranberries
- 1/4 cup chopped walnuts
- 1 TBS ground flaxseeds
- 1 TBS blackstrap molasses
- 1 cup milk or dairy-free milk alternative

Directions:

1. Combine the water and salt in a small saucepan and turn the heat to high.
2. When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes.
3. Add cinnamon, cranberries, walnuts, and flaxseeds. Stir, cover the pan, and turn off heat.
4. Let set for 5 minutes. Serve with milk and molasses.

Serves 2

362 calories, 13 g fat, 58 g carbohydrate, 8 g fiber, 10 g protein

Source: World's Healthiest Foods

