

# Berry Nut Oatmeal

PREP TIME: 5 MINUTES  
COOK TIME: 5 MINUTES

YIELDS: 2 CUPS

## Base Ingredients

- 1 cup rolled oats
- 2 cups filtered water

## Optional Ingredients

- 2 tablespoons ground flaxseed
- 1 teaspoon vanilla extract
- ¼ cup honey
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ½ cup chopped walnuts
- ½ cup blueberries
- ½ cup strawberries

## Qualities

- Texture: Soft
- Rating for Scent : 2/10
- Spice Level: 0/10

## Recipe Benefits

- Gluten Free
- Dairy Free



## Nutrition Content for 1 Cup

Calories: 579kcal	Carbohydrates: 79.4g
Fat: 26.9g	Fiber: 10.6g
Protein: 12.3g	Added sugar: 34.8g
Sodium: 8.7mg	

## Directions

1. Pour the water into a small pot and bring to a boil.
2. Stir in the oats, flaxseed, vanilla extract, honey, cinnamon, and ginger.
3. Reduce the heat to low, cover with a lid, and let sit for 5 minutes.
4. Add the chopped walnuts and fresh berries.
5. Serve warm.



## Chef Tips/Adjustments

- This recipe can be stored in the refrigerator for 5–7 days in a sealed storage container.
- Rolled barley or millet can be used in place of oats.
- Any of the ingredients in the optional fillings/toppings section can be omitted or substituted as desired.
- Other dry seasonings can be added to create a different flavor such as pumpkin pie spice, apple pie spice, or nutmeg.
- Brown sugar or cinnamon sugar can be used either in place of honey or in addition to.