

Dr. Fuhrman's Cinnamon Fruit Oatmeal

Ingredients (Serves 2, 15min Prep time)

- 1 cup water
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/2 cup old fashioned rolled oats (not instant/quick oats)
- 1/2 cup blueberries or mixed berries (fresh or frozen)
- 2 apples, peeled, cored and diced
- 2 tbsp chopped walnuts
- 1 tbsp ground flax seed
- 1/4 cup raisins (optional)



Instructions

1. In a medium saucepan add the water, vanilla and cinnamon. Bring to a boil.
2. Add oats and reduce heat to a simmer and cook for about 5 minutes.
3. When the oats are soft add the berries and stir in. Continue cooking until heated through.
4. Remove from heat. Cover and let stand 15 minutes until thick.
5. Mix in the apples, walnuts, flax and raisins.

Source: www.lowfatveganchef.com