

DR. SERNA'S QUICK & EASY OATMEAL TO GO

Ingredients:

For 1 serving

- ½ cup of oatmeal (“Quick” oats is best!)
(Not “instant”)
- 2-3 tsp. ground flax seeds
- Few raisins
- Cinnamon (as much as you like)
- Optional:
 - up to 8 walnuts
 - 1 teaspoon maple syrup or honey



Instructions:

Mix all ingredients together, add 1 cup very hot water and let it sit for 3 minutes, covered tightly. Let the steam do its magic and ENJOY!

Dr. Serna's Tip: On the go? Prep all ingredients in a Ziploc bag ahead of time (except honey or syrup). Grab a baggie as you run out the door and when hungry, just pour into an insulated cup or mug, add very hot water, cover (don't let the steam out!) and you're done. A tasty and healthy breakfast or snack on the run! Want to be really prepared? Prep 5 Ziplocs on Sunday night for a great Mon – Fri breakfast routine. Perfect for a busy lifestyle!

