

Hearty Oatmeal

2-3 servings

2 cups water or soy, rice, or almond milk

1 cup old fashioned organic oats

Pinch of salt

¼ cup raisins

¼ cup olive oil (optional)

1-2 T walnuts pieces

2 T flax meal

Additional rice, soy or almond milk

Agave nectar, maple syrup, brown rice syrup

Boil water. Add oats, raisins and a pinch of salt. Stir and reduce heat to medium low. Continue stirring for 4-5 minutes until thick. Take off burner and mix in oil, walnuts and flax meal.

Sweeten if you desire with agave nectar, maple or brown rice syrup and serve with rice, soy or almond milk.