

High Energy Oatmeal

Ingredients

- * 8 cups rolled oats (not quick or instant oats)
- * 1/3 cup oat bran
- * 1/3 cup cracked wheat
- * 1/3 cup millet
- * 1/3 cup dry oatmeal mixture-----
- * 1/3 cup milk
- * Add ingredients to bag in any combination
- * Store in the refrigerator.
- * 1/3 cup unsalted sunflower seeds
- * 1/3 cup toasted wheat germ
- * 1/3 cup ground flax seed (if using whole flax seeds, grind it just before adding to bag)
- * Shake the bag to mix thoroughly
- * Use within a month's time because the flax seed can become rancid if kept too long.

Direction

1. Take 1/4 Cup of High Energy Oats mixture
2. Add 1/2 cup fat-free milk
3. Add tablespoon of walnuts
4. Add tablespoon of dried blueberries

Recipe No : 129

Card 1

5. Microwave on high for 2 minutes 35 seconds
6. Allow oatmeal to stand a few minutes before eating

Recipe No : 129

Card 2