

TASTY OATMEAL BOWLS

STEP 1: Start with oatmeal

- 1/2 cup rolled oats
- 1/2 cup water or milk of choice
- 1/2 teaspoon cinnamon

STEP 2: Add fruit

- Banana
- Berries
- Dried fruit



STEP 3: Tasty toppings

- Sliced almonds
- Walnuts
- Chia seeds

Try these combos or create your own

You can make overnight oatmeal variations by:

1. Combining all ingredients in a bowl and mixing until fully combined
2. Place in the refrigerator overnight

BOWL VARIETIES	FRUIT OR VEGETABLE	SEASONING OR GARNISH
Fruit & Nut Breakfast bowl	Mangos, bananas or apples	Cinnamon, nuts, raisins
Berry Oatmeal	Berries of choice	Cinnamon, nuts, chia seeds
Pumpkin Oatmeal	Canned pumpkin puree	Cinnamon, nutmeg spice, ginger spice, nuts, chia seeds

MANY STRENGTHS. ONE MISSION.

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