



Breakfast Porridge

Serves one

- 1/2 cup rolled oats
- 1 tsp. flax seed
- 1 TBS cooked quinoa
- 1 TBS sliced bananas
- 1 TBS raspberries
- 1 TBS blueberries
- 1/2 TBS honey (or your preferred sweetener)
- 1 TBS almond slivers
- 1/2 cup almond milk (or your preferred milk)

Place the oats in a microwaveable bowl and barely cover with water. Place in the microwave and cook for one minute. Remove from the microwave.

Top with the flax seeds, oatmeal, bananas, raspberries and blueberries. Drizzle with honey and top with almond slivers. Add the milk and enjoy.

CALORIES 317.80; FAT 9.20 grs (sat 0.92; mono 3.16; poly 2.00); PROTEIN 8.62 grs ; FIBER 8.15 grs; CARBS 53.76 grs; CHOLESTEROL 0.00 mg; IRON 2.72 mg; SODIUM 77.87 mg; CALCIUM 133.24 mg