

Raisin Walnut Oatmeal Mix

Fast, healthy and a great cost savings!



Oatmeal is incredibly nutritious and rich in fiber, and it may help you control your weight by keeping you feeling fuller longer.

Ingredients (Serves 6)

½ teaspoon ground cinnamon

½ teaspoon salt

3 cups old-fashioned oats

½ cup raisins or dried sweetened cranberries

¼ cup coarsely chopped walnuts or sliced almonds

Granulated sugar, brown sugar, honey or maple syrup (optional)

Directions

Combine cinnamon, salt and oats in a bowl. Stir well to mix. Stir in raisins and walnuts. Pack mixture into a jar with a tight-fitting lid.

Prepare as you would oatmeal, using twice as much water as oats. (Use 6 cups water in a large pot for the entire mix.) Sweeten to taste.

Nutritional information Per serving

Calories 230
Fat 2.5 g
Cholesterol 0 mg
Sodium 181 mg
Carbohydrates 40 g
Fiber 2 g
Protein 7.5 g

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