



Prep	Cook	Ready in	Servings
5 min	5 min	10 min	1

## My Favorite Oatmeal

This quick, easy, fully customizable oatmeal recipe supplies you with protein, fats, and carbohydrates to sustain your energy in the morning!

### Ingredients

1/3 cup	Rolled oats- Gluten Free
1/4 cup	Banana (s) (Sliced)
2 tbsp	Walnuts
1 tbsp	Hemp seeds, shelled
1/2 tbsp	Coconut sugar (Or maple syrup)
1/2 tbsp	Flaxseed meal (ground)
2 tsp	Cinnamon

### Instructions

- 1) Cook oats according to the instructions on the package (Note, if you don't have a lot of time in the morning feel free to swap in quick oats, or even instant oatmeal if that's what you have in the cupboard)
- 2) Add the rest of the ingredients to the bowl and MIX!!
- 3) Take 5 deep breaths and enjoy

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This recipe is fully customizable depending on what you have in your pantry, or according to your preference. Some other topping options include:

-Swap out the walnuts for any nut or seed you have one hand: ground pumpkin seeds (High in Zinc!), Flax seeds, or sunflower seeds! Cashews or almonds are another great option.

-Add alternative milk of choice if you prefer milk in your oatmeal - and oat, soy, or nut milk would be great!

-Peaches, Berries, Pear or Apple instead of Banana. Keep it seasonal and switch it up!