

## 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