

Fruit & Nut Cinnamon Oatmeal

Serves 16
Prep time: 10 min.
Cook time: 2 min.



Greater Cleveland
Food Bank

INGREDIENTS

- 5 cups quick oats
- 2 cups dried fruit (like raisins, cranberries, dates)
- 1 cup nuts and seeds (like almond slices, walnuts, sunflower seeds, pepitas, ground flax, chia seeds)
- 1 tsp cinnamon
- 1/2 tsp nutmeg (optional)
- 1/2 tsp ginger (optional)
- 1/8 tsp allspice (optional)
- 1/8 tsp ground cloves (optional)
- milk or water

DIRECTIONS

1. Put oats, fruit, nuts, seeds and spices in a large container with lid (like a drink pitcher).
2. Hold lid on tightly and shake until well mixed.
3. Put 1/2 cup of mix in big microwave-safe cereal bowl.
4. Add 1/2 cup of liquid and mix well.
5. Cook in microwave on high power for 2 minutes.
6. Stir and let sit for 2 minutes (bowl will be hot).
7. Stir again and top with choice of chocolate chips, granola or dry cereal, fresh fruit, yogurt or applesauce.

SATISFYING: Full of fiber, healthy fats, complex carbs and protein, this easy hot cereal will keep you satisfied for hours.

STORAGE: Keep extra dry cereal mix in fridge to keep fresh.

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