Oatmeal

Ingredients:
- ½ cup rolled oats or one packet of instant oatmeal
- One cup water (if you choose rolled oats)
- 1 tablespoon walnuts
- ¼ cup blueberries
- 1 teaspoon raw honey
- 1 packet of unfiltered/cold pressed coconut (optional)

Directions:

If you choose rolled oats:
1. Put the rolled oats and water into a small pot and heat over medium-low heat.
   Once it comes to a simmer, stir frequently.
2. Stir until oatmeal is at the consistency that you prefer.
4. Add blueberries, honey, and coconut (optional).

If you choose instant oatmeal:
1. Follow the directions on the box to make the instant oatmeal.
3. Add blueberries, honey, and coconut (optional).

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