

**OATMEAL**

Oatmeal is super versatile and easy to take with you to work. It is highly satiating and is great to have as a second breakfast after your salad to keep you full until lunch time. If you like a firmer oatmeal, you can add chia seeds. The ratio of oats to water is 1:2. Here’s a recipe that makes 1 medium serving.

**Ingredients:**
· ½ cup rolled oats

· 1 cup boiling purified water

· 1 cup mixed berries (frozen, thawed)

· 1 tsp. chia seeds (optional: for a firmer oatmeal)

**Method:**

1. Add oats to a jar or bowl. (and chia seeds if using)

2. Pour boiling water over the oats, cover and let sit for 5 minutes.

3. Add mixed berries to the top.

4. Stir to mix and enjoy.

Note: To thaw frozen fruit quickly, put the fruit in a bowl, fill the sink with hot water and sit the bowl in the hot water. This heats the bowl slowly and the fruit thaws in about 5 minutes.

**Overnight Method:**

1. Add oats (and chia seeds) to a jar.

2. In a measuring cup, add frozen berries then add water to the 1 cup line. Pour the water and berries into the jar. If added separately, the oatmeal will be too runny.

3. Put on the lid and shake to mix.

4. Store in the fridge overnight and it will be ready to eat the next morning.