

ENERGY BOOSTING OATMEAL

Ingredients:

- *1/2 cup regular rolled oats
- *1 1/2 cups water
- *1/2 teaspoon cinnamon
- *2tbls dried cranberries
- *1/4 cup chopped walnuts
- *1tbsp flaxseed
- *1cup low fat milk or soy milk

Directions:

Bring water to the boil in a saucepan.
Add oats, lower heat & stir until water is absorbed(about 5mins).
Stir in cinnamon, cranberries, walnuts & flaxseed.
Serve with milk.
(serves 1)

Calories: 210
Total fat: 5g
Carbs: 28g
Fibre: 1g
Sugar: 8g
Protein: 15g
Iron: 2mg