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Wellness Ideas for Everyday Living.

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Oatmeal With Fresh Cranberries and Apples

Makes 2 servings

Ingredients:

2 cups	Water
1/2 cup	Cranberries
1/2	Apple, finely chopped
2/3 cup	Oatmeal, instant
1 tbsp	Maple Syrup
1 tbsp	Hemp seeds
Cinnamon	

Directions:

1. Bring water to boil. Add cranberries and chopped apples. Cook for 2 minutes on medium.
2. Add oatmeal and syrup. Cook for 5 minutes or until desired thickness.
3. Add hemp and cinnamon.