

Recipe for



Blueberry Oat Cereal

SERVES 1

PREP TIME/TOTAL TIME
Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 410
Fat 9.4 g
Protein 10.5 g
Carbohydrates 76.7 g
Fiber 13.6 g

INGREDIENTS

- 1/2 cup frozen or ripe blueberries
- 1/2 cup rolled oats
- 1/2 mashed banana
- 1 tbsp chia seed
- 1 cup almond milk
- 1 tsp cinnamon

DIRECTIONS

- Mash 1/2 banana with a fork in cereal bowl
- Add 1 tsp of cinnamon to mashed banana and mix
- Add 1 cup of nut milk and stir
- Add 1/2 cup rolled oats, 1 tbsp of chia seed and mix
- Add 1/2 cup of blueberries*

*if using frozen blueberries, allow them to thaw in cereal mixture before eating, about 6 - 10 minutes.

Optional Nutrition Additions: 1 tbsp Ground Flax Seed, 1 tsp Amla Powder
Add to mashed banana with cinnamon and mix

