



Golden Oatmeal

Ingredients

- 1/3 cup rolled oats
- 2/3 cup liquid of choice
- 1-2 TBSP maple syrup
- 1 TBSP sunflower seeds
- 1 TBSP raisins
- 1/2 tsp ground ginger
- 1/2 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/2 banana, sliced

Directions:

1. Add oats and liquid to a small pot over the stove
2. Cook over low heat for 5-10 minutes stirring regularly, until thickened
3. Add sweetener and spices; Mix to combine
4. Top with sunflower seeds, raisins, and banana slices
5. Serve and enjoy!

Equipment
Pot

Cost: \$ \$

Ease: 

Health Benefit: Turmeric is anti-inflammatory and aids in digestion. Ginger boosts immunity and eases stomach pain. Cinnamon promotes balanced blood sugar levels.

Fare  Meals
by Arielle