



SUPERFOOD OATMEAL

Soy-Free. Sugar-Free. DF. GF. Nut-Free. Vegan. Vegetarian.

What You'll Need:

- 1 cup GF oats
- 1 1/4 cup filtered water
- 3 tbsp pure dark maple syrup
- 1 tbsp flaxseed meal
- 1 tbsp chia seeds
- 1 banana
- 2 tbsp pumpkin seeds
- 1/8 tsp cinnamon

Place oats, chia seeds and 1 cup of water in microwave for 1 minute. Add 1/4 cup water, maple syrup, flaxseed meal, and cinnamon in and stir until mixed. Slice banana and place on top of oatmeal with the pumpkin seeds. Give a little extra sprinkle of cinnamon for extra flavor or presentation.

Serves 1 adult or 2 children.

Other toppings that taste amazing

- Almonds
- Walnuts
- Dried Cranberries
- Peaches
- Goji Berries
- Dried Coconut

Note: For the most health-conscious version of this recipe, use all organic ingredients.