

OATMEAL

3-WAYS

MIXED BERRY OVER-NIGHT OATS

Frozen or Fresh Berries
Oats
Almond Milk
Honey
Mixed Nuts (optional)



CINNAMON APPLE OATMEAL

Oats
Green Apple
Cinnamon
Milk or Milk Alternative
Brown Sugar (optional)

CHOCOLATE BANANA OATMEAL

Oats
Bananas
Coco Powder
Honey
Milk or Milk Alternative

