

Oatmeal With Walnuts and Fruit

- 2 cups of water
- 1 cup oats
- 10 walnuts chopped
- 1/4 cup dried cranberries
- 1 apple grated
- 1 T. agave syrup

Bring water to a boil and stir in the oats. Reduce heat to a simmer and put on a lid leaving a little space so it doesn't boil over. Simmer for 10 minutes and turn the heat off. Grate the apple into the oatmeal, stir thoroughly and put the lid back on the pot. Add chopped walnuts, dried cranberries, agave syrup and stir. It's ready to eat when you add 1/2 cup unsweetened plain almond milk or low fat cow's milk if you prefer.

253 calories per serving (add 40 calories for cow's milk)

Serves 3 - 4