****

**APPLE RAISIN OATMEAL**

 This recipe is packed with the naturally sweet flavors of apple, cinnamon and raisin, and topped with healthy omega-3 fats and extra fiber from the flax meal. Have your spoon at the ready, and dig in! Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* 1 apple, cored, grated or diced finely
* 1 Tbs. flax meal
* 1 Tbs. raisins
* ¼ tsp cinnamon
* Optional: maple syrup to taste

**Method:**

1. Add oats of a jar or bowl.
2. Pour boiling water over the oats, cover and let sit for 5 minutes.
3. Add apple, raisins, flax meal and cinnamon.
4. Taste before adding maple syrup as figs are very sweet.
5. Stir to mix and enjoy.