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**BERRIES AND CREAM OATMEAL**

With this oatmeal recipe, berries and cream bring a taste of summer to any morning of the year. Makes one medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* ½ banana, chopped or mashed
* ¼ cup frozen mixed berries, thawed out
* 2 Tbs. unsalted cashews, chopped
* 2 Tbs. plant milk
* Optional: 1 tsp. maple syrup

**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 banana and berries and mix through.
4. Top with cashews, plant milk, and maple syrup.
5. Stir to mix and serve.