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**BLUEBERRY COBBLER OATMEAL**

Overnight oats are simple and bountiful - packed with whole grains and fiber to get you all the way to lunch. This morning, blueberries and unsalted cashews turn ordinary oatmeal into a colorful cobbler-inspired bowl of goodness. Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* ½ cup blueberries or other mixed berries (fresh or frozen)
* 2 Tbs. unsalted cashews
* Optional: 1 pinch cinnamon and/or 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 mixed berries to the top.
4. Add cashews, optional cinnamon, and maple syrup and stir to mix and enjoy.

Note: This time of year fresh berries are so expensive. To thaw fruit quickly, put the fruit in a bowl, fill the sink with hot water and sit the bowl in the hot water. This heats the bowl slowly and the fruit thaws in about 5 minutes.