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**CHAI SPICED OATS WITH BERRIES**

Oatmeal is always super easy, healthy and delicious. They’re also kid-friendly, heart-healthy, and they stick with you longer than refined cereals. The warm, chai spices in this version give the oats a grown-up flavor, while the banana and dates keep it (naturally) sweet enough for kids. Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* ½ banana, fresh (chopped) or frozen and thawed (mashed)
* ½ cup berries, fresh or frozen and thawed
* 1 date, chopped
* 1 tsp. flax meal
* ½ tsp cinnamon
* ¼ tsp ground ginger
* 1 pinch ground cardamom
* 1 Tbs. unsalted cashews, chopped

**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 cinnamon, ginger and cardamom.
4. Add the banana and berries
5. Top with flax seed and cashews.
6. Stir to mix and enjoy.