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**CRANBERRY CINNAMON PECAN OATMEAL**

This simple, sweet and tart bowl of whole-grain, nutty goodness will wake up your taste buds and keep you powered through the morning. Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* 1 Tbs. dried cranberries
* 2 Tbs. pecans, chopped
* 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 cranberries, pecans and cinnamon.
4. Add maple syrup if using.
5. Stir to mix and enjoy.