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**WALNUT FIG OATMEAL**

Figs have been enjoyed by humans since ancient times. They are one of the most prized fruits in history. And for good reason! Figs offer a delicate sweetness plus nutrients like fiber and manganese. Delicious spices and a quick cooking oatmeal make for the perfect medium for enjoying figs on a busy morning. Makes 1 medium serving.

**Ingredients:**

* ½ cup rolled oats
* 1 cup boiling purified water
* 2 dried figs, chopped small
* 2 Tbs. walnuts, chopped
* ¼ tsp cinnamon
* 1 pinch nutmeg
* 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 figs, walnuts, cinnamon and nutmeg.
4. Taste before adding maple syrup as figs are very sweet.
5. Stir to mix and enjoy.