

ARYA'S OATMEAL

INGREDIENTS

1/3 cup Coach's Oats®

1 cup water

1/2 tsp. cinnamon

1/8 tsp. nutmeg

Pinch of cardamom

Pinch of coriander

1/2 cup frozen berries

1/3 cup milk

1 Tbsp. honey, agave nectar or
favorite sweetener

PREPARATION

Microwave Coach's Oats®, water and spices together. Top with frozen berries, sweetener and milk.

Also delicious with walnuts or flax seeds.

Makes 1 serving



One of Coach's Oats' youngest fans shares her method of preparing oatmeal.