



## H3 Eye-Opener Oatmeal

Begin every morning with the famous H3 Eye-Opener Oatmeal. Top with fresh berries, ground flax seeds or granola.

### INGREDIENTS:

1 ½ Cups Water  
1 ½ Cups Skim Milk  
½ Cup Oat Bran  
½ Cup Quick Oats  
1 tsp Cinnamon  
2 tsp Vanilla extract  
1 Banana, mashed

### PREPARATION:

- In a sauce pot, add liquids, cinnamon, vanilla, and mashed banana.
- Bring to just below a boil.
- Turn off heat; whip in oat bran and quick oats.
- Mix well; cover and let sit for 10 minutes or desired thickness.

**Number of Servings:** 3  
**Serving Size:** 1 Cup  
**Calories:** 140  
**Fat Grams:** 2.5

