



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

