

TEACHING KITCHEN: OATMEAL TWO WAYS



SERVES 2

INGREDIENTS

- ½ cup dry rolled oats
- 1 cup of water
- ¼ teaspoon cinnamon (or more, depending on taste preference)
- 1 small banana, sliced or chopped into bite-size pieces
- 4 strawberries, sliced
- 2 tablespoons chopped walnuts

Optional: 1 teaspoon maple syrup or 1 chopped date to sweeten

SERVES 4

INGREDIENTS

- 2 cups dry rolled oats
- 4 cups of water
- 1 teaspoon cinnamon (or more, depending on taste preference)
- 4 small bananas, sliced or chopped into bite-size pieces
- 4 strawberries each serving, sliced
- ½ cup chopped walnuts

Optional: 1 teaspoon each serving of maple syrup, or 1 chopped date each, to sweeten

STRAWBERRY BANANA OATMEAL

The ultimate healthy and easy breakfast! Creamy, naturally sweet, and fiber-rich, this oatmeal will keep you feeling full all morning long.

INSTRUCTIONS

1. In a small saucepan combine oats, water, and cinnamon. Bring to a low boil and then reduce heat to a simmer, stirring often for about 5 minutes.
2. Serve in a bowl topped with the banana, sliced strawberries, and chopped walnuts. Add a splash of unsweetened plant milk if desired.

NOTES

- Oatmeal is like a blank slate; make this recipe your own! Feel free to top oatmeal with any fruit, other nuts, seeds, or nut butter of your choice
- Want to get some veggies in at breakfast? With step one, add up to ½ cup frozen riced cauliflower, or shredded kale or zucchini



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