

Super Oats Cereal

Ingredients:

6 cups whole rolled oats
1 cup slivered almonds
1 cup sunflower seeds
½ cup chia seeds
3-4 cups of loosely packed dried apples
1 tablespoon cinnamon



To serve:

1 cup milk (I used unsweetened almond milk)
1 small banana, sliced
1/3 cup berries (your choice of blueberries, blackberries, raspberries)

Directions:

- 1) Add the following ingredients to your zip lock bag: rolled oats, almonds, sunflower seeds, chia seeds, dried apples and cinnamon
- 2) To prepare, in a bowl, add milk, berries, sliced bananas (either or both) and ½ cup to 1 cup (depending on your appetite)
- 3) Enjoy cold or heat in the microwave for 1.5-2 minutes or on the stove top for 3 minutes.

Equipment:

Gallon Zip Lock Bag
Serving Bowl
Measure cup
Knife
Cutting board

Nutrition Facts	
12 servings per container	
Serving size	2/3 cup
Amount Per Serving	
Calories	530
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 86g	31%
Dietary Fiber 16g	57%
Total Sugars 33g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 2mcg	10%
Calcium 604mg	45%
Iron 5mg	30%
Potassium 1060mg	25%
Vitamin A	2%
Vitamin C	20%
Vitamin E	90%
Vitamin K	10%
Thiamin	40%
Riboflavin	40%
Niacin	25%
Vitamin B6	40%
Folate	20%
Vitamin B12	0%
Magnesium	45%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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