

Recipe

Oatmeal with Nuts and Fruits

By

Madhavi d.d.



Ingredients

2/3 cup old-fashioned oats
1 ½ cup water or milk*
2 tbsp mixed nuts: almond, brazil, and cashew
1 tbsp dried cranberries and raisins
2 strawberry
4 blackberries
1/2 piece of a banana
2 tbsp pomegranate seeds
6 grapes, cut into half

Preparation

Cook oats in the pot with water or milk* (children older than 2 year olds can have low-fat milk instead of whole milk) for 15 to 20 minutes. Stir frequently.
Meanwhile, prepare the fresh fruits in a small bowl. Once oatmeal is cooked, sprinkle nuts and dried fruits on top.

Serves

2

For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

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