

Healthy Gourmet Oatmeal



Recipe Courtesy Chef Bryan Woolley

- ¾ cups old fashioned oats
- 1 ½ cups herbal tea (I like a citrus herbal tea, but you choose your favorite)
- ¼ tsp salt
- 2 tbsp toasted walnuts
- 2 tbsp golden raisins
- 2 tbsp dried apricots, chopped
- 2 tbsp wheat berries
- 1 banana, sliced
- ¼ cup chopped strawberries
- 2 tbsp honey

Serves 2

1. Bring herbal tea, salt, and old fashioned oats to a boil. Continue boiling for about 1 minute. Turn heat off, cover and allow oats to sit for about five minutes.
2. Fold the walnuts, raisins, apricots, and wheat berries into the oatmeal.
3. Divide mixture into two bowls.
4. Divide the banana and strawberries between the bowls. Drizzle one tbsp honey over each bowl. Serve and enjoy.

Nutrition Facts

Serving Size: ½ recipe

Calories	380
Total Fat	7g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	290mg
Carbohydrates	74g
Dietary Fiber	8g
Sugars	36g
Protein	10g

Diabetic Exchanges

Protein	1.5
Fat	1
Carbohydrates	5

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