



Super-Naturally Healthy Land of Milk and Honey Breakfast Bowl

Ingredients: * *Use organic ingredients whenever possible!*

1 cup water
½ cup organic oats
1 medium, organic apple, chopped - *pink lady recommended*
Handful of each: dried cranberries or raisins
Handful of chopped walnuts
½ teaspoon cinnamon or *to your taste*
1 teaspoon raw honey
½ cup organic whole milk

Instructions:

In medium saucepan, bring water to rolling boil. Stir in oats and cook for about 5 minutes on medium heat or until thickened. Remove from heat and stir in chopped apple, cranberries, and chopped walnuts. Cover for 5 minutes. Remove cover and spoon into bowl. Sprinkle with cinnamon and drizzle with honey and milk. *Enjoy!*

