



## **Warm Oat Breakfast**

### **Ingredients:**

2 cups water

½ cup whole rolled oats (not quick oats)

¼ cup oat bran

2Tbs ground flax (linseed)

¼ t salt

add raisins dried fruit or sultans as desired.

### **Directions:**

Add ingredients to boiling water and stir lightly. Turn down heat and let simmer for 45 minutes. Serve with fresh fruit and nuts.