



Powered-Up Microwave Oatmeal

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 batch

Ingredients

- ½ cup old-fashioned (rolled) oats
- 1 cup lowfat (1%) milk
- 1 tablespoon hemp hearts (hulled hemp seeds)
- 1 tablespoon flax meal (ground flaxseed) or chia seeds
- 1 tablespoon maple syrup or packed brown sugar
- ¼ teaspoon ground cinnamon
- 1 pinch salt

Directions

1. In a microwave-safe bowl, stir together the oats, milk, hemp hearts, flax meal or chia seeds, maple syrup or brown sugar, cinnamon, and salt.
2. Microwave on high power (default setting) for 2 minutes.
3. Remove from the microwave and let sit to thicken and cool slightly, about 1-2 minutes.
4. Serve warm.

Recipe Notes

- For a quick make-ahead option, add all the ingredients except the milk to a plastic ziptop bag. When ready to eat, pour into a microwave-safe bowl along with the milk and cook as directed.
- Add toppings such as fruit, shredded coconut, nuts, or seeds as desired.

Nutrition Facts Per Serving: Calories: 320 | Total Fat: 10.5 g | Saturated Fat: 2.5 g
Sodium: 265 mg | Total Carbohydrate: 42.5 g | Dietary Fiber: 5.5 g | Protein: 19 g

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