

## My Quaker Oats Breakfast Special

### Ingredients:

- 1/3 cup Quaker oats cereal
- 2/3 cup water
- Optional dash of salt
- ¼ cup chopped nuts (walnuts, pecans, sunflower seeds, almonds or any combination of these)
- ¼ cup raisins (or dates or currants)
- ¼ teaspoon cinnamon
- 2 tablespoons of Honey from the Hives of **The Burrs and the Bees**
- 1 cup skim milk

### Instructions:

1. Combine water, salt and oats in a microwave-safe bowl
2. Microwave on medium for 4 minutes, stirring once.
3. Let stand one minute
4. Mix in nuts, raisins, cinnamon, honey and milk

Serves 1

### Nutritional Information per Muffin

- Protein: 4 g
- Carbohydrates: 54 grams
- Fat: 2 g
- Fibre: 3 g

