



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Breakfast: Jump-start Oatmeal

Serves 4

Ingredients

- 1 1/3 cups water
- 1 1/3 cups milk
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1 tablespoon honey
- 1 1/3 cups oatmeal
- 2 cups frozen mango, strawberries, raspberries
- 3/4 cup walnuts or almonds or a combination
- 3/4 cup sunflower seeds

Directions

1. Put the milk and water into a pot and bring to a boil over high heat.
2. Add the cinnamon, ginger, honey, oats and frozen fruit to the boiling liquid. Stir, cover and reduce heat to medium low.
3. Cook for 5 minutes, until liquid is absorbed, stirring occasionally to make sure nothing is burning on the bottom of the pot.
4. Remove from heat and stir in walnuts and sunflower seeds. Serve immediately.

In this case, the nuts and sunflower seeds provide both healthy fats and additional protein to make this breakfast last for several hours. The cinnamon and ginger serve to warm you up on cold days. Use whatever frozen fruit you like, but note that blueberries can change to color of the oatmeal to a weird blue.

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