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Where attitude is everywhere, and the goat rules, so watch your backside.

QUICK AND EASY
Vegan recipes from the goat.

LOADED OATMEAL

INGREDIENTS

1 cup - water
1/2 cup - quick oatmeal
2 TBSP - pecan pieces
1 TBSP - dried cranberries
1 tsp - brown sugar
1 TBSP - real maple syrup
1/2 tsp - cinnamon

OPTIONAL

1TBSP - wheat germ
1 TBSP - ground flaxseed

DIRECTIONS

Put the water and oatmeal in a small sauce pan and cook at a moderate temperature until done.

Place the cooked oatmeal in a serving bowl and stir in the remaining ingredients.
Serve with your favorite beverage.

This recipe makes 1 serving.
Scale up or down for the quantity you need.

COMMENTS

Want a complete breakfast in a bowl, fast? Well here it is, and it taste great, too! If you want some variety, experiment with different types of nuts and dried fruits. Try it, you'll like it!

Enjoy!