

## SUPER OATS OATMEAL

This really fills you up and it is good for you! It has the same nutrition the shakes have plus 7 grams fiber, and as your Mother told you, "oatmeal sticks to your ribs."

DON'T ADD THE FOOD OR JUICE IF YOU ARE ON SOLE SOURCE.  
YOU MAY ADD EXTRACTS, CINNAMON OR SPLENDA WHILE ON SOLE SOURCE.

Make in your microwave. Use a cereal bowl that works in the microwave. If you don't have a microwave, you can make in a pot on top of your stove.

Place 2 well-rounded scoops of super oats in a cereal bowl. Add  $\frac{3}{4}$  cup water and mix well. (You can use fruit juice, but remember to count the calories.)

Place bowl in microwave and set microwave to medium.

If your microwave is a big one, you will not need to cook it as long.

Cook for 2 1/2 minutes. Stir. If it is as thick as you like, your oatmeal it is done. However it thickens up as it cools. If you want it thicker, cook longer. If you want it thinner add water.

Now add and mix in 4 packets of Splenda or to taste, , vanilla, and cinnamon. You could use maple or banana extract if you like them.

You can add 10 to 15 raisins, 1/2 cup unsweetened fresh or frozen blueberries, a peach, 1/4 to 1/2 banana, or strawberries.

I frequently put about a 1/2 cup of Dannon Vanilla, Light Non Fat, 110 calories per cup Yogurt on top. You can also mix in or add on top unsweetened applesauce. (put equal, vanilla & cinnamon in it, if you want, and maybe some raisins.)