

Oat Bran Breakfast

- 1 c water, boiling, with a pinch of sea salt and 1/4 teaspoon cinnamon
- 1/4 c oat bran
- 1/2 c mixed berries, or your favorite fruit
- 2-3 T seeds or nuts: pumpkin seeds, sunflower seeds, cashews, lightly roasted pecans, walnuts or hazelnuts
- 1 heaping t each: ground flaxseed, chia seed, hemp seed
- 1 T dried fruit: cherries, goji berries, apricots, figs
- 1 T maple syrup (optional)

Add the oat bran to the boiling water. Simmer for 3-4 minutes.

Pour cooked oat bran over the other dry ingredients. Mix everything and top with maple syrup, if you need the extra sweetness. This single serving will keep you full and energetic for hours.

Jittery Cook