

Oatmeal with Fruit

Oats are very calming to the spirit, and this is a nice breakfast when you need to be calm and focused. If you are accustomed to a protein-based breakfast, you may want to add some good quality protein powder or a single egg to the oatmeal after it is cooked. Almonds or other nuts may be added with the fruit.

½ cup whole oats	¼ cup dried apricots, chopped
1 ½ cup water	1 apple, seeded and chopped
¼ tsp. salt	¼ cup dried cranberries or cherries
¼ cup water	
2 Tbsp. brown sugar	

Bring 1½ cups water to a boil, add oats and salt. Return to a boil, then reduce heat and simmer for about 20 minutes until the consistency of porridge. Add more water if it becomes too thick for your taste.

While oats are simmering, place fruit in a non-reactive saucepan with the ¼ cup water. Bring to a boil, reduce heat, and simmer for 10 minutes. Add brown sugar, and continue simmering, stirring constantly, until thickened (about 5 minutes).

Pour oatmeal into serving bowls, top with fruit, and enjoy.
Makes 2 large or 3 medium servings.