

# not your momma's oatmeal

Oatmeal is the powerhouse of breakfast dishes. Not only is it a great source of heart-healthy soluble fiber, but it's also incredibly versatile with its endless topping variations. If you think oatmeal is boring, you're doing it wrong. Check out these topping combinations below to spice up your bowl.

- **PB & J:** peanut butter + mashed frozen berries
- **Chunky Monkey:** peanut butter + banana + chocolate protein powder or cocoa powder
- **Cinnamon Apple Crumble:** diced apple + cinnamon + chopped walnuts
- **Pumpkin Pie:** canned pumpkin + cinnamon + chopped pecans
- **Piña Colada:** canned or frozen pineapple + unsweetened shredded coconut

## *Paige's tips:*

- *Cook your oatmeal in milk (whatever kind you prefer) instead of water to enhance creaminess and boost protein, vitamin, and mineral content*
- *Make overnight oatmeal by combining 1 part oats, 1 part milk, 1 part yogurt (optional), and 1-3 Tbsp of chia or flax seeds. Store in the refrigerator overnight and enjoy the next morning with your favorite toppings.*

