

## **Recipe Details**

Recipe Name - Terry's Oats

Recipe Steps -

## Ingredients

- Oats (amount up to you, we use about 1/2 to 3/4 cup)
- 1-2 tsp ground flax
- Plant milk (add more to make the oats have a more liquid consistency)
- 1-2 tsp maple syrup (or date paste)
- Fruit of your choice, we used blueberries and strawberries

## Instructions

- 1. Combine ingredients into a bowl except for fruit
- 2. Microwave for 2 minutes
- 3. Top oats with the fruit of your choice
- 4. Enjoy!



