

Cranberry – Orange Spiced Oatmeal

This can be prepared in the microwave.

- 3/4 cup old fashioned rolled oats or 1 pack of Raw Pure & Simple Organic Bare Instant Multigrain Hot Cereal With Flax (Oats, Barley, Wheat, Quinoa & Rye) from Better Oats.
- 4 carrots, thinly sliced
- ½ teaspoon ground cinnamon, or to taste
- ¼ cup dried cranberries
- ½ cup frozen blueberries
- ¼ teaspoon ground turmeric (optional)
- 1 pinch of ground ginger
- 1 cup of water or follow directions on the pack
- Add 100% orange juice not from concentrate to your liking
- Add all ingredients to list



Directions



Prep
5 minutes

Cook
2 minutes

Ready in
7 minutes

Place rolled oats or pack, cinnamon, cranberries, and blueberries in a microwave safe bowl. Add the turmeric and ginger, if desired. Pour in water, and stir to mix ingredients. Cook on high until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.