

## **O A T M E A L** packed with nutrients for Lions/Otters:

Remember, Lions and Otters need protein and fat to make high fiber, plain oatmeal an acceptable side dish!

### **INGREDIENTS:**

Nitrate-free Bacon, 4 slices, chopped	Cinnamon, 1 tsp
Oatmeal, 1 cup	Vanilla extract, 1 Tbsp
Water, 2 cups	Flax seeds, 2 Tbsp
Butter, 2 Tbsp	Chopped nuts, ½ cup
Salt, 1 tsp	Dollop of full fat Greek yogurt

### **WHAT TO DO:**

1. Chop bacon into small pieces. Cook in saucepan over medium heat until done.
2. Add oatmeal and water to cooked bacon in saucepan. Cover and cook, stirring occasionally until thick.
3. Add butter, salt, cinnamon, vanilla extract, and flaxseeds. Continue to cook and stir frequently.
4. Stir in ½ cup nuts (we like slivered almonds, walnuts, or pecans.)
5. Serve with a spoonful of full-fat yogurt topped with chopped nuts. Serve with a side of meat such as organic breakfast sausage.
6. Serves 4.