

## C R A N B E R R Y D A T E O A T M E A L for Monkeys/Giraffes:

Remember, this end of the Hauser Diet spectrum needs fruits, veggies, and grains! Add some fruity flavors to make this a healthy delicious main breakfast meal for Monkeys and Giraffes.

### INGREDIENTS:

1 Tbsp butter	Vanilla extract, 1 Tbsp
1 apple, chopped	Honey, 1 Tbsp
Oatmeal, 1 cup	100% pure maple syrup, 2 Tbsp
Water, 2 cups	½ cup dried cranberries
Salt, 1 tsp	½ cup chopped dates
Cinnamon, 1 tsp	Low fat vanilla soy milk

### WHAT TO DO:

1. Melt 1 Tbsp butter in saucepan on top of stove. Saute chopped apple in butter until soft.
2. Add 1 cup oatmeal and 2 cups water to cooked apples in saucepan. Cover and cook, stirring occasionally until thick.
3. Add salt, cinnamon, vanilla extract, honey, and maple syrup. Continue to cook and stir frequently.
4. Stir in dried cranberries and dates.
5. Top with vanilla soy milk. Serve with a side of sliced tomatoes.
6. Serves 4.