

# Healthy Hot Cereal



- 3 cups water
- 1½ cups rolled oats
- ¼ cup wheat germ
- 2 Tablespoons ground flax seeds
- ½ cup raisins
- 1 teaspoon cinnamon

- 1 In a heavy saucepan, bring the water to boil
- 2 Stir in oats, wheat germ, and flax.
- 3 Reduce heat to medium and cook uncovered 10 minutes, stirring occasionally.
- 4 Remove from heat, stir in raisins, and cinnamon. Cover and let stand 5 minutes.

*Per serving: 235 calories, 8g protein, 43g carbohydrate (7g fiber), 5g fat (1g sat, 4g mono/poly), 10mg sodium*

Serves 4

## SEASONED COOK

Double the hot cereal recipe on the weekend and microwave portions weekdays.

Flax seed is a great source of Omega 3 fatty acid and helps boost the HDL cholesterol level. Put a freshly ground tablespoon on any morning breakfast.