Ivan Blasquez’s Oatmeal Recipes

Recipe 1:

- Old-fashioned rolled oats
- 3/4 cup of boiled water
- Blueberries
- Cinnamon
- Almonds
- Strawberries
- Pineapple
- Tamari pumpkin seeds
- 1 tsp psyllium fiber
- 3 tsp wheat bran
- 1 dried prune (chewed into 4-5 pieces)
- Dried cherries (rinsed to eliminate excess sugar)
- Canned Montmorency cherries

Recipe 2:

- Multigrain hot cereal (rye, barley, wheat, oat)
- 3/4 cup of boiled water
- Blackberries
- Walnuts
- 1/2 banana diced
- 2 tsp of buckwheat honey (darker honey higher in antioxidants)
- Cinnamon
- Fresh ginger (a small piece minced)
- Fresh coconut meat