

SPICE IT UP: OATMEAL MIX INS

1. Your favorite fresh, frozen, or dried **fruit**: bananas, apples, berries, peaches, cranberries, or even dried prunes or cherries!
2. Don't underestimate those **veggies**! Try mixing in pumpkin, squash, or even carrot puree!
3. **Spice** it up! Use cinnamon, nutmeg, sea salt, cacao powder, and vanilla.
4. Add in some **healthy fats**! Your favorite nut butter or chopped nuts (almonds, cashews) or pumpkin seeds.
5. Pump up the **protein**. Cook the oats with egg whites, mix in yogurt, or your favorite protein powder.
6. Add a **little sweetener** if needed: Honey, maple syrup, or make it with 100% juice or apple cider.