

BoatMeal™

Prep Time: 2 Minutes | Cook Time: 99 Seconds



Directions

- Put 1 cup of oatmeal in a bowl with 1 cup of water and microwave for 99 seconds.
- Add cinnamon, chili powder and honey - mix up.
- Add apple and any toppers.
- Mix up and put in a boat friendly thermos (we use the Yeti 16oz Insulated Food Jar.)

Ingredients

- Oatmeal - 1 cup (We use One Degree Organic Foods Farmers We Know® Gluten-Free Sprouted Rolled Oats)
- Water - 1 cup
- Shake of cinnamon
- Shake of chili powder (or Cayenne pepper)
- Squirt of Raw honey
- Apple - diced.

Toppers

- Cashews
- Pistachios
- Sunflower seeds
- Bee pollen

Notes

