

6

SENSATIONAL

Oatmeal Toppings to Indulge Your Adult Side.

CHOCOLATE RASPBERRY OATMEAL

Stir 2 Tbsp. hot chocolate mix into 1/2 cup cooked oatmeal and top 1/4 cup fresh, frozen or freeze-dried raspberries and 1 Tbsp. chocolate syrup.



DRIED FRUIT-SPICED OATMEAL

Stir a pinch apple pie spice into 1/2 cup cooked oatmeal. Top with 2 Tbsp. chopped dried apricots, cherries, or apples and 2 tsp. chopped walnuts (optional).



BLUEBERRY-ALMOND OATMEAL

Top 1/2 cup cooked oatmeal with 2 Tbsp. plain or vanilla Greek yogurt (homemade works great!), 2 Tbsp. fresh, frozen, dried or freeze-dried blueberries and 1 Tbsp. slivered almonds.



PEACH-MAPLE OATMEAL

Top 1/2 cup cooked oatmeal with 1/4 cup diced canned peaches and 1 Tbsp. maple syrup.



PEANUT BUTTER & STRAWBERRY OATMEAL

Stir 2 Tbsp. peanut butter into 1/2 cup cooked oatmeal and top with fresh, frozen or freeze-dried strawberries, honey and additional peanuts (optional).



CRANBERRY PEAR-SPICED OATMEAL

Stir 1/4 tsp. ground ginger into 1/2 cup cooked oatmeal and top with 1/4 cup diced canned pear, 1/8 tsp. cinnamon and cranberries (optional).

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NOT
THAT!

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