



## Marion's Camino Protein and Fiber Breakfast Cereal

Use Organic ingredients

- 3 cups of water
  - 1 cup of Bob's Red Mill Organic Scottish Oatmeal ([www.bobsredmill.com](http://www.bobsredmill.com))
  - 2 tablespoons of Holy Crap Cereal (contains chia, hemp hearts, buckwheat, cranberries, raisins, apple bits and cinnamon. ([www.holycrap.com](http://www.holycrap.com)))
  - ½ teaspoon of salt
  - 1 teaspoon of olive oil
1. Pour 3 cups of water, ½ teaspoon of salt, and 1 teaspoon of olive oil into a sauce pan and bring to a boil.
  2. Add 1 cup of cereal, 2 tablespoons of Holy Crap Cereal, turn heat down, cover and cook for 10 minutes.
  3. Stir constantly to remove lumps. I use a spurtle or a porridge stick to stir my oatmeal.
  4. Spoon cereal into a bowl and add yogurt, or milk. If you want to sweeten add honey or maple syrup.
  5. Makes 4 servings. Enjoy.

