



Heart Healthy Oatmeal

Excellent recipe with 'staying power' for a busy work day. Help to improve IBS, FODMAP friendly, gluten-free (with GF oats), lowering cholesterol and regulate bowel microbiome. Has 13 gms of protein like 2 eggs but vegan, vegetarian and plant-based diets. Carbs are similar to 2 slices of bread. Add milk or soy milk to add more protein and calcium. Add fruit for more vitamins. Makes one serving.

Ingredients:

- 1/3 cup Large Flake Dry Oats
- 1 cup Water
- 2 Tbsp Hemp Hearts
- 1 Tbsp Shaved Almonds
- 1 Tbsp Dry Cranberries

Directions:

Microwave Oven Method:

Combine all ingredients in one bowl with high sides.

To prevent boiling over set the Power to '7'.

Cook for 4 minutes

Stove Top Method:

Bring the water to a boil and add all ingredients.

Bring back to a boil and simmer for 5 minutes.

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Nutrition Facts	
Serving Size (298g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 13g	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

