

Super-Food BREAKFAST



Here is one great way to start your day.
Prepare the night before using a crock pot.

This breakfast is sure to pack you with energy and keep you satisfied for hours. This breakfast is loaded with super foods and fiber. In your crock pot pour four cups water to one cup steel cut oats. Add two tablespoons flax seeds and sprinkle in Cinnamon. Cook on low for 2-3 hours. Let cool and store in fridge for breakfast. Reheat oatmeal add fresh blueberries strawberries, a small handful of walnuts and or almonds, for added flavor add vanilla soy milk.

This is a super-food breakfast for the whole family, this recipe serves many hungry people. Enjoy!!!!