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|  | **Ingredients** | | **step** |
| **Swiss Breakfast** | * 1 cups rolled oats * 1/4 tsp cinnamon * 2 TBS raisins * 2 TBS sliced almonds * 2 TBS dried apricots, chopped * 2 TBS sunflower seeds * 1 date, chopped * 1 TBS dried cranberries | 1. Mix all ingredients together. 2. Bring 2 cups water to a boil. 3. Add mixed ingredients. Turn heat to low and cook uncovered, stirring occasionally until water is absorbed, about 7 minutes. 4. Cover, and set for about 2 minutes before serving. 5. Serve with low-fat milk or dairy-free milk. | |