**Oats with toned milk**

Prep time: 5 min Cook time: 5 min

**Ingredients:**

* 1 cup rolled oats
* 1 cup water
* 1½ cup toned milk
* 1 tbsp Chopped nuts (walnut & almond)
* 1 tsp Chia seeds
* 1 tsp Flax seed powder
* ¼ cup cut fruits

**Instructions:**

1. Bring 1 cup of water to boil and stir in 1 cup rolled oats
2. Cook on medium heat for 2 minutes
3. Pour 1 cup milk and bring to boil
4. Simmer for 2-3 minutes until slightly thick & creamy
5. Add the chopped nuts, seeds and fruits