



## Recipe Details

Recipe Name - Terry's Oats

Recipe Steps -

### Ingredients

- Oats (amount up to you, we use about 1/2 to 3/4 cup)
- 1-2 tsp ground flax
- Plant milk (add more to make the oats have a more liquid consistency)
- 1-2 tsp maple syrup (or date paste)
- Fruit of your choice, we used blueberries and strawberries

### Instructions

1. Combine ingredients into a bowl except for fruit
2. Microwave for 2 minutes
3. Top oats with the fruit of your choice
4. Enjoy!

