

Customer Shared Recipe

JOAN'S SPICED OATMEAL

1. Bring to a boil:

1/2 c rolled oats

3 T raisins

1/2 c apple juice

1 c water

2. Add and cook on low 5 minutes:

3 cardamom seeds

1/4 tsp cinnamon

1/8 tsp dried ginger

3. In a bowl, layer:

1/3 c frozen blueberries

the cooked oatmeal

1 tbs flax seed, ground

1-1/2 tbs shredded coconut

4. Stir and eat. Delicious!

Contributed by **Joan Kauth is a member of the Food Coop.**