

Healthy Recipes
with Carole Houde



Breakfast that packs a punch until lunch!

When I have a busy morning teaching classes this keeps me going until lunch...

1 cup of whole oats (not quick oats)

1 tsp of hemp hearts

½ tsp of chia seeds

1 tbsp of raw nuts (pumpkin, walnuts or sunflower seeds)

2 tbsp of fresh berries

Water to cover oats

- 1) Mix together in a bowl: oats, hemp hearts and chia seeds.
- 2) Boil water and pour over oats until they are completely covered.
- 3) Let sit for 5 minutes and then add water if you would like to lighten the consistency
- 4) Add raw nuts (which you can roast lightly for added flavour)
- 5) Add fresh berries or perhaps a little maple syrup (available in great quantities this Spring!)

Enjoy!