

# <u>Recipe of the Month</u>

#### **Healthy Camp Oatmeal**



### **Ingredients:**

- 4 cups rolled oats
- 1/4 cup coconut milk powder (optional)
- 1/4 cup organic brown sugar
- Dash of sea salt
- Big handful dried cranberries
- 1/4 cup chia seeds (optional)
- 1/2 cup shredded dried coconut, unsweetened (optional)

#### **Directions:**

Mix all the dry ingredients in a large sealable bag. To serve, be sure all ingredients are mixed well and put as much as you'd like in a bowl. Add hot water slowly until you reach desired consistency.

#### Reference: https://www.twowanderingsoles.com/blog/camping-food-ideas#camp-oatmeal



Promoting Public Health

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