



Recipe of the Month

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
Bernards Township Health Department