



Photo Credit: MangerMediterraneen.com

# High Fiber Antioxidant Oatmeal

**1/2-1c** Gluten-Free Oatmeal

**1/2c** Raspberries

**1/2** Sliced Banana

**1/4c** Crushed Walnuts

**1TBSP** Chia Seeds

## Optional Add-Ons

**1 TBSP** Pumpkin Seeds

**1 TBSP** Coconut Flakes

**1 TSP** Raw Honey

**1 TBSP** Hemp Hearts or [Daily Nutritional Support](#)