



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](#)