



• **Blueberry Cream Protein (240)**

- 1/2 C. oats
- dried blueberries (20 grams)
- 2 tsp. protein powder (vanilla)
- 1/2 tsp. Splenda

• **Apple Pie Spice (210)**

- 1/2 C. oats (150)
- 20 grams dried apples, cut into smaller chunks
- 3/4 tsp. apple pie spice
- 1 tsp. Splenda

• **Pecan Pumpkin Pie (250)**

- 1/2 C. oats (150)
- 15 grams pecans, chopped
- 3/4 tsp. pumpkin pie spice
- 1 tsp. Splenda

• **Cinnamon Raisin (215)**

- 1/2 C. oats (150)
- 65 calories raisins
- 1/2 tsp. cinnamon
- 1/2 Tbsp. Splenda

• **Apple Cinnamon (210)**

- 1/2 C. oats (150)
- 20 g. diced dried apples
- 1/2 tsp. cinnamon
- 1/2 Tbsp. Splenda
- dash of maple extract (optional)

• **Maple Brown Sugar (240)**

- 1/2 C. oats (150)
- 2 Tbsp. dark brown sugar (90)
- 1/2 to 1 tsp. maple extract (add when adding water) -or- 1 & 1/2 tsp. maple syrup

• **Strawberry Banana (200)**

- 1/2 C. oats (150)
- 50 calories freeze-dried strawberries & bananas, broken up
- 1/2 tsp. Splenda

• **Berry Vanilla Protein (203)**

- 1/2 C. oats (150)
- 1/3 C. freeze-dried berries (strawberries, blueberries, or raspberries)
- 2 tsp. vanilla protein powder
- 1/2 Tbsp. Splenda

• **Triple Berry (200)**

- 1/2 C. oats (150)
- 1/2 C. freeze-dried berries (strawberries, blueberries, or raspberries)
- 1 Tbsp. Splenda

• **Blueberry Almond (249)**

- 1/2 C. oats (150)
- 20 g. dried blueberry
- 5 grams slivered almonds
- 1/2 Tbsp. Splenda



- Apple Cranberry (240)
 - 1/2 C. oats (150)
 - 10 grams dried cranberries
 - 20 grams dried apples, cut into chunks
 - 1/2 Tbsp. Splenda

- Blueberry Walnut (235)
 - 1/2 C. oats (150)
 - 20 grams freeze-dried blueberries
 - 10 grams walnuts, chopped
 - 1/2 Tbsp. Splenda(can substitute raspberry for blueberry)

- Maple Cinnamon (150)
 - 1/2 C. oats (150)
 - 1/2 tsp. cinnamon
 - 1/2 Tbsp. Splenda
 - 1/2 tsp. maple extract (add with water/milk)

- Peanut Butter Banana (223)
 - 1/2 C. oats (150)
 - 1/3 C. freeze-dried bananas
 - 1 Tbsp. PB2 (powdered peanut butter)
 - 1/2 Tbsp. Splenda

Directions:

- Option #1:
 - Boil between 2/3 cup and 1 cup of water (depending on how much fruit in jars). Stir into oatmeal jars, mixing well. Allow to sit for 10 minutes.
- Option #2 (preferred)
 - Add 2/3 cup to 1 cup of water (or milk) to jar. Heat in microwave for 2 minutes, stirring halfway through.

Other notes:

- Fruit: feel free to substitute freeze-dried fruit for dried fruit or vice versa. May have to adjust the amount of Splenda and/or water.
- Sweetener- if you don't like Splenda, feel free to use another sweetener of your choice.
- Extracts- add vanilla extract (or another extract) to any jar to add an additional flavoring note.