



- Raisin Apple Pie Spice (215)

- 1/2 C. oats (150)
- 20 grams raisins (65)
- 1/2 to 1 tsp. apple pie spice
- 1/2 Tbsp. Splenda

Note: double raisins are fantastic!

- Raisin Pumpkin Pie Spice (215)

- 1/2 C. oats (150)
- 20 grams raisins (65)
- 1/2 to 1 tsp. pumpkin pie spice
- 1/2 Tbsp. Splenda

Note: double raisins are fantastic!

- Raisin Apple Pie (227)

- 1/2 C. oats (150)
- 14 g. apple **chips** (45)
- 10 grams raisins (32)
- 1/2 to 1 tsp. apple pie spice
- 1/2 Tbsp. Splenda

- Apple Pie (240)

- 1/2 C. oats (150)
- 28 g. apple **chips** (90)
- 1/2 to 1 tsp. apple pie spice
- 1/2 Tbsp. Splenda

- Chunky Apple Pie (200)

- 1/2 C. oats (150)
- 20 g. diced dried apples (50)
- 1/2 to 1 tsp. apple pie spice
- 1/2 Tbsp. Splenda

- 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

- Maple Cinnamon (150)

- 1/2 C. oats (150)
- 1/2 Tbsp. Splenda
- 1/2 tsp. cinnamon
- 1/2 to 1 tsp. maple extract (add when adding water) -or- 1 & 1/2 tsp. maple syrup

- Apple Cranberry (240)

- 1/2 C. oats (150)
- 10 grams dried cranberries (40)
- 20 grams dried apples, diced (50)
- 1 Tbsp. Splenda

- Triple Berry (200)

- 1/2 C. oats (150)
- 1/2 C. freeze-dried berries (strawberry, blueberry, & raspberry)
- 1 Tbsp. Splenda

- Blueberry Cream Protein (200)

- 1/2 C. oats (150)
- 20 g. dried blueberry (70)
- 2 tsp. vanilla protein powder (Muscle Milk, vanilla creme works well)
- 1/2 Tbsp. Splenda



- Apple Chip Cinnamon (240)

- 1/2 C. oats (150)
- 28 g. apple **chips** (90)
- 1/2 to 1 tsp. cinnamon
- 1/2 Tbsp. Splenda

- Pecan Pumpkin Pie (250)

- 1/2 C. oats (150)
- 15 g. chopped pecans (100)
- 1/2 to 1 tsp. pumpkin pie
- 1/2 Tbsp. Splenda

- Pecan Apple Pie (250)

- 1/2 C. oats (150)
- 15 g. chopped pecans (100)
- 1/2 to 1 tsp. apple pie
- 1/2 Tbsp. Splenda

- Walnut Pumpkin Pie (250)

- 1/2 C. oats (150)
- 15 g. chopped walnuts (100)
- 1/2 to 1 tsp. pumpkin pie
- 1/2 Tbsp. Splenda

- Walnut Apple Pie (250)

- 1/2 C. oats (150)
- 15 g. chopped walnuts (100)
- 1/2 to 1 tsp. apple pie
- 1/2 Tbsp. Splenda

These take a little extra time in the morning:

- Cinnamon Roll (240)

- 1/2 C. oats (150)
- 2 Tbsp. dark brown sugar (90)
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla (extract) (add when adding water)

-While that is cooking, mix 1 Tbsp. softened cream cheese, 1 Tbsp. powdered sugar, and 1 tsp. milk. Whisk well and drizzle over oatmeal.

- Maple Bacon

- 1/2 C. oats (150)
- 1/2 tsp. cinnamon
- 1/2 tsp. Splenda

-While that is cooking, pan fry 1 piece of bacon. When oatmeal done, crumble bacon over top. Pour 1 to 2 Tbsp. maple syrup over top.

Other add-ins:

- Hazelnuts (ideas: maple hazelnut, cherry hazelnut, blueberry hazelnut, apple hazelnut)
- Almonds (ideas: blueberry almond, cherry almond)
- Dried pears
- Cranberry orange pecan
- Coconut