

NOURISHING OATMEAL

WITH NUTS & SEEDS



INGREDIENTS

- ½ cup old-fashioned oats
- 1 cup water or milk
- 1 tsp chia seeds
- ½ tsp brown sugar
- 3 Tbsp Super Nuts & Seeds Mix (See below)
- ⅓ cup fresh blueberries
- ⅓ fresh banana, sliced
- Ground cinnamon, to taste



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NOURISHING OATMEAL

WITH NUTS & SEEDS

SUPER NUTS & SEEDS MIX

INGREDIENTS

2 Tbsp chopped walnuts

2 Tbsp chia seeds

2 Tbsp sliced almonds

2 Tbsp hemp seeds

¼ cup pistachios

DIRECTIONS

Combine oats, liquid of choice and chia seeds in microwave-safe bowl.

Microwave on high for two minutes, or until liquid is absorbed and oats are fluffy.

Stir in brown sugar and top with Super Nuts & Seeds Mix, fresh blueberries, banana slices, and a generous sprinkle of ground cinnamon.



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