



MORNING RUSH RAISIN SPICE INSTANT OATMEAL

YIELDS: YIELD 1.3KG DRY MIX

Is your morning always a rush? Looking for a speedy, go to breakfast that is not only tasty but healthy too? Then look no further. Make a nice big batch of this dry mix and store it in a sealed airtight container. To start your day off right simply add one-part dry mix to a bowl along with one part boiling water (or hot milk). Stir and then let it stand for 1 minute. Decorate with your desired



Ingredients

- 6 ¼ cups Anita's Organic Quick Oats
- ¾ cups rye flakes (or other flaked grain)
- ¼ cup + 2 tbsp. brown sugar
- 2 ¼ tsp cinnamon
- ½ tsp freshly grated nutmeg
- ½ tsp clove powder
- ½ tsp salt
- ¼ cup + 2 tbsp whole flax seeds
- ¼ cup sesame seeds
- ¾ cup Thompson raisins
- ¾ cup currant raisins
- ½ cup almonds, chopped

Instructions

1. Add all the ingredients to a large bowl and stir well until evenly mixed.
2. Store in a sealed airtight container.

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