

Oat Bran with Milled Flaxseeds

This healthy breakfast is easy to make, high in fibre and very filling. Top with fruit and peanut butter for added vitamins and healthy fats.



This recipe will make enough for 3-4 days breakfasts. Once cooked, place in the fridge in an airtight container to keep fresh. When you want it, you can enjoy it cold or heat it up for 1 minute in the microwave.

- 1 cup of mixed oat bran and flaxseeds
- 2 cups water
- 1 cup milk
- 1tsp good quality vanilla bean paste or extract
- 1 tbsp honey or good quality maple syrup

Just place all the ingredients in a pan and bring to a boil. Turn the pan down to a simmer until it's the consistency you'd like your porridge. Stir this continuously while it is cooking.

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