

Sailors Daily 4Leaf Oatmeal...from the kitchen of J. Morris Hicks



The ultimate in taste, nutrition and convenience. Nothing could be easier than this great meal that will keep you going for hours. And eating it cold makes it that much better.

Ingredients:

- 1 cup of whole grain oatmeal
- Unsweetened soy, almond or rice milk (I use Pacific Brand unsweetened, vanilla flavored almond milk)
- Handful of raisins
- 1 small apple or pear
- Handful of blueberries and/or strawberries
- A sprinkling of Uncle Sam's brand wheat berry flakes with flaxseeds.
- 1 medium banana
- Ground cinnamon

Directions

1. Put the dry oatmeal in a large bowl.
2. Add a handful of raisins on top.
3. Add cold water; then about the same amount of the nut or soy milk to cover the oats & raisins.
4. While the oats are soaking (and expanding), take a few minutes to slice your fruit.
5. Add the berries first on top of the oatmeal.
6. Slice the apple or pear into bite-size pieces and spread over the top of the oatmeal and berries.
7. Add the sprinkling of Uncle Sam's flakes on top for crunch. Being on top of the berries and apple, the flakes will not get soggy.
8. Slice the banana and add on the very top.
9. Sprinkle with cinnamon and this delicious meal is ready to eat in less than five minutes.



My favorite meal of the day. I absolutely love this meal, and like it more than ever since I learned how to eat it cold (from Dr. Caldwell Esselstyn). It's actually quite refreshing; more like a crunchy cereal than the mushy and sticky cooked oatmeal. But, by all means, choose what works best for you.

Just choose your favorite fruits and experiment with unsweetened crunchy whole grain cereals to sprinkle on top. Depending on your caloric needs, this meal can deliver 500 calories or more – with everything being whole plants except for the few ounces of soy or almond milk.

My routine is to have this great meal a few hours after my bowl of fresh fruit. Simply adjust your schedule to something that works for you. For example, you may want to have the big bowl of oatmeal at home before you leave for work, then bring some fruit for a snack in case you get hungry before lunch.

The combination of the fruit and the oatmeal will yield a 4Leaf score over 90% -- before you have lunch. By starting out your day with the healthiest of foods, it helps to motivate you to maintain the 4Leaf score for the entire day.

Good luck and let me hear from you at jmh@4leafprogram.com



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