

# Walnut and Raisin Oatmeal

## INGREDIENTS

- 1 cup rolled oats
- 2 cups water or milk
- 1/4 cup chopped walnuts
- 1/4 cup raisins
- 1/2 teaspoon ground cinnamon
- 2 tablespoons honey or brown sugar (optional)

SERVINGS: 2  
TIME: 15 MIN



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## PROCEDURE

1. In a small saucepan, bring the water or milk to a boil over medium heat.
2. Stir in the rolled oats and reduce the heat to low. Cook the oats, stirring occasionally, for about 5-7 minutes or until they reach your desired consistency.
3. Stir in the chopped walnuts, raisins, and ground cinnamon.
4. Continue to cook the oatmeal for another 2-3 minutes, stirring occasionally, until the walnuts and raisins are heated through.
5. If desired, sweeten the oatmeal with honey or brown sugar, stirring until well combined.
6. Remove the oatmeal from the heat and let it cool slightly before serving.
7. Optionally, garnish with additional walnuts, raisins, or a sprinkle of cinnamon before serving.



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