



Photo by Paul Arps

## Ingredients

- 1 cup (250 mL) old-fashioned oats (thick-cut are the best)
- 1 cup (250 mL) water
- 1 cup (250 mL) apple juice
- 3 medium-size apples, grated
- 1 handful raisins, rinsed (optional)
- dash of cinammon
- 3 tbsp (45 mL) flaxseed oil
- 2 Tbsp (30 mL) freshly ground flax

## Instructions

1. Place first six ingredients in a heavy saucepan.
2. Cover and cook over low heat for 20 minutes. Stir occasionally.

3. Remove from heat and stir in oil.
4. Spoon oatmeal into individual serving dishes and sprinkle with ground flax and flax oil

Makes 2 servings.