

[PDF] Eat To Live Quick And Easy Cookbook: 131 Delicious Recipes For Fast And Sustained Weight Loss, Reversing Disease, And Lifelong Health

Joel Fuhrman - pdf download free book



Blue Apple Nut Oatmeal

In a teaspoon, combine the water, cinnamon, oats, and nutmeg. Simmer until the oatmeal is creamy. Add the blueberries and bananas. Cook for 5 minutes, or until hot, stirring occasionally. Mix in the apple and nuts.

INGREDIENTS

1/2 cup water
1/2 teaspoon cinnamon
1/2 cup rolled oats
1/2 cup blueberries or raspberries
1/2 cup sliced apples
1/2 cup sliced bananas
1/2 cup sliced nuts

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1/2 cup sliced apples
1/2 cup sliced bananas
1/2 cup sliced nuts

TIP Blue oatmeal is a great choice because they are less processed than other oats. Instead of being steamed and rolled, oat groats are simply cut into pieces. They take longer to cook and have a chewy consistency. If you are in a hurry, instant oatmeal is a good choice, but it is not as healthy. Do not use quick oats or instant oats because they are too highly refined and have lost a great portion of their nutrients.

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Description:

Discover What Millions of People Have Already Experienced-- Dr. Fuhrman's Extraordinary and Life-Changing Recipes

Too busy to shop? Too tired to cook? Not sure what's healthy? From the #1 *New York Times* best-selling author of *Eat to Live* and the instant *New York Times* bestseller *Eat to Live Cookbook* comes *Eat to Live Quick and Easy Cookbook*, 131 super delicious, easy-to-prepare, incredibly healthy recipes. No guilt, no-fuss, just amazing food that's good for you. From the grocery store to the kitchen table, *Eat to Live Quick and Easy Cookbook* is just what you and your family have been looking for to become happier and healthier than ever before.

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