

Microwave Cooked Anti-Inflammatory Power Oatmeal



Tips:

1. Oatmeal is a great source of energy-sustaining complex carbohydrates and protein. This recipe is fully flavorful, easy

to make, and uses only anti-inflammatory ingredients, which makes it suitable for anyone following an anti-inflammatory diet.

2. **About measuring in this recipe:** You'll notice very little precise measuring in the step-by-step instructions below. That's done on purpose to help make this recipe as quick and easy to put together as possible.

Preparation Time: 5-10 minutes, depending on the number and type of added ingredients you use

Ingredients (per serving)

1 1/2 Handfuls of Rolled Oats

Light Dash of Salt (only if you're not on a salt-reduced diet)

Shot of Vanilla Extract

Ground Cinnamon

Almond Milk (can be substituted with coconut or soy milk)

1 Tablespoon Nut Butter

Plain Low Fat Kefir (fermented milk, yogurt-like drink packed with probiotics)

Fresh Fruit (fresh pineapple and blueberries are shown here, but any fresh fruit will work)

Raisins

Honey



Equipment

Microwave Oven Safe Bowl

Cutting Board

Small Sharp (Paring) Knife

Tablespoon

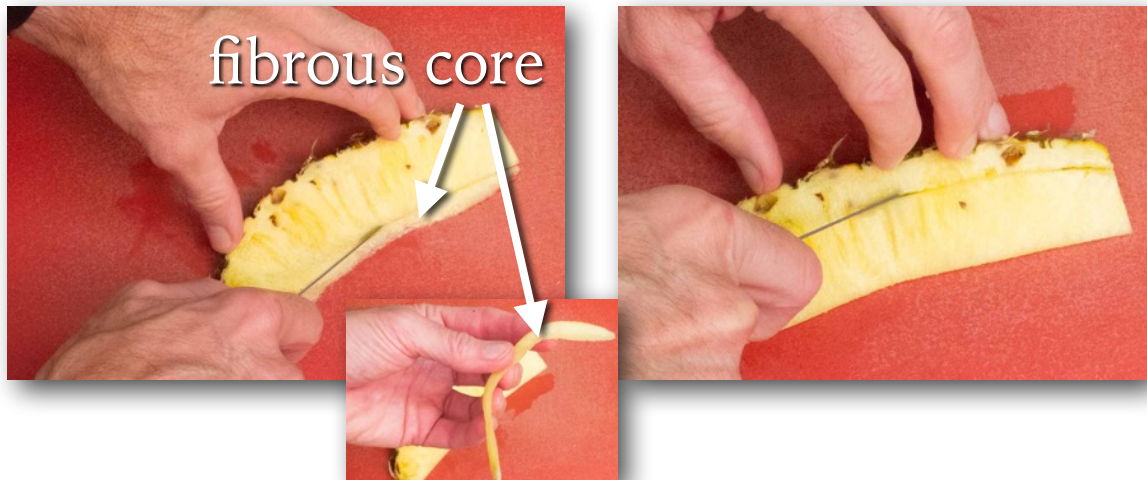
Teaspoon



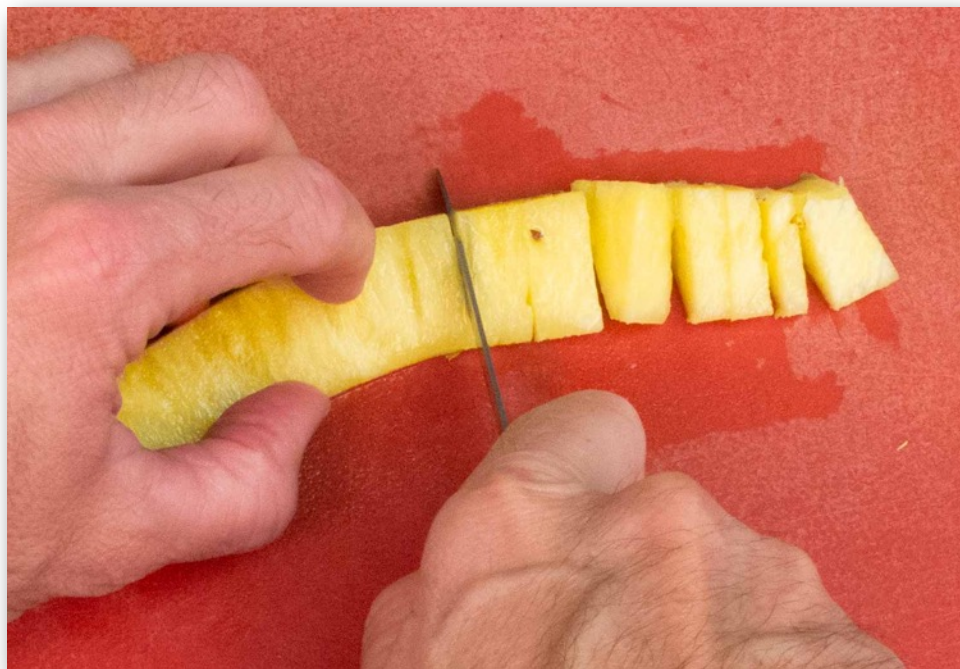
1. If you're not using pineapple, skip to step 2. Otherwise, cut a thin lengthwise slice from a **ripe, fresh pineapple.**



Then make lengthwise cuts to remove both the **fibrous core** from the **flesh of the pineapple** and the **pineapple skin**.



Finally, cut the **pineapple strip** into cross section piece $\frac{1}{4}$ - $\frac{1}{2}$ inch (6-12 mm) wide.



2. Pour about **1 1/2 handfuls of rolled oats** into a microwave safe bowl,...



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3. Add a **light dash of salt**, a **shake of ground cinnamon**, and a **shot of vanilla extract**.



4. Add **about twice as much almond milk as the volume of oats in the bowl.**



5. Put the bowl in the middle of the microwave oven and cook using HIGH heat or 100% power for about 1 minute and 20 seconds (1:20 minutes). **NOTE:** Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and cooked the oatmeal shown here for about 1:20 minutes. If your microwave puts out less watt power, cooking time will be longer. If your microwave oven puts more watt power, cooking time will be shorter.



6. After cooking, carefully remove the bowl from the microwave oven by taking hold of the cooler top edge of the bowl.

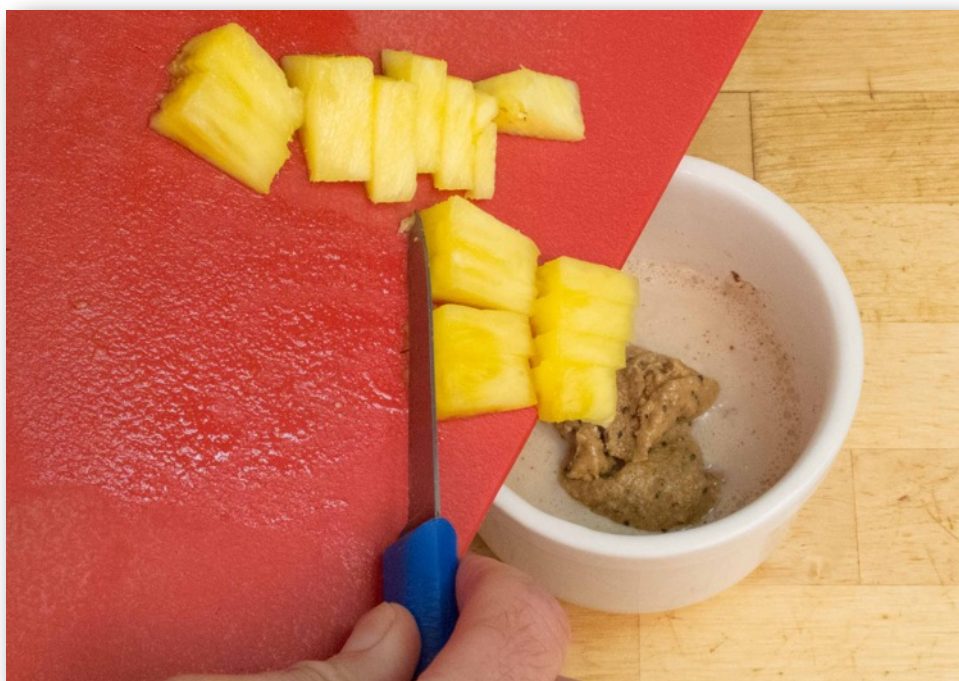


7. Add your choice or a combination of the following ingredients (or any other ingredients you like):

1 tablespoon of nut butter



cut pineapple



other fresh fruit - (for berries or any other fruit you will eat with the king on, first give that fruit, like the blueberries below, a good rinse in the sink)



good pour of kefir (after giving the container a shake before pouring)



1-2 teaspoons honey



1/2 handful raisins



until what you have looks about like this.



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