

Fresh ink

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Featuring Salba Smart on
the blog *Eat, Drink and Be Aware*

Eat, Drink and Be Aware

Notes on the Examined Life from a Fitness-Minded Foodie



Cherry Walnut Salba Oats

1/2 cup rolled oats
1/2 cup skim milk
1/2 cup water
1 tbsp Salba Smart
Dash of Cinnamon

Combine above ingredients in small pot and cook over medium heat for 4-5 minutes. Remove from heat and pour in bowl. Top with:

1 tbsp Bonne Maman Cherry Preserves
7 fresh cherries, sliced
1 tbsp chopped walnuts

Delish!

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