

### Ingredients

Preparation time: 5 min

Servings: 1

Cost: \$

½ cup old fashioned oats

¾ cup water

1 Tbsp. chia seeds

1 Tbsp. nut, seed and dried fruit trail mix

### Directions

1. Mix oats and fluid (water or milk) together in a microwave safe bowl. Choose a large enough bowl to allow for expansion
2. Cook on medium for 3-4 minutes in microwave. Check half way to ensure it does not bowl over.
3. Top with chia seeds and trail mix.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Chia Seed Oatmeal	
Amount	1 serving
Calories	266
Fat (g)	10
Sat. Fat (g)	1
Carb. (g)	37
Fiber (g)	10
Protein (g)	9
Allergen info: Vegan	

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### Cooking Tip

Add chia seeds prior to cooking for super thick oats. Combine oats, chia seeds, and liquid, then let sit for about 1-2 minutes until chia seeds have absorbed some of the liquid, and then cook. Ground flax seeds can be a substitute for chia seeds.

### Performance Facts

Chia seeds are a rich source of anti-oxidants, fiber and omega-3 fatty acids which make this a perfect pre-training meal or recovery snack after a morning workout. This is also an easy meal to prepare during travel if breakfast options are limited. Prepare individual servings in plastic baggies so they are measured and ready to cook in a hotel room or dining hall.