

PAIGE'S OATS

This is a great breakfast for anyone and also for endurance athletes heading out for training or competition. Eating prior to training or competition maximizes your athletic potential by “topping off” muscle and liver glycogen stores. If your event is in the morning, you will be topping off liver glycogen that was burned throughout the night as you were sleeping.

Ingredients:

2 cups water
dash of sea salt
1 cup old fashioned rolled oats
pinch of cinnamon

Optional toppings to be added after the oats are cooked:

maple syrup
banana
strawberries
chia seeds
pumpkin seeds (raw and not toasted)
goji berries
raisins
flaxseeds (ground)
almonds, pecans or walnuts
hemp hearts
nut butter (almond or peanut)
plain yogurt
almond milk



Instructions:

In a medium saucepan, bring the water and sea salt to a boil. Add oats and cinnamon and cook stirring frequently until thickens. Remove from heat, serve into bowls and add your desired toppings.

My favourite combined toppings are maple syrup to sweeten, goji berries, tablespoon of almond butter and plain yogurt or almond milk, hemp hearts, pumpkin seeds, chia and strawberries. Talk about a nutrient dense heavy hitter with that combo!

If you have any oats leftover that you are not eating, put them in a sealed container and into the fridge to eat for tomorrow's breakfast or to use in a recovery smoothie.

Enjoy!