

Dr Diehl's Crock-Pot Breakfast

Preparation Time: 10 minutes

Complexity: Easy

1 cup seven-grain cereal (Bob's Red Mill)*
3-4 cups water
1 tbsp flaxseed, ground

*or make your own: brown rice, oats, barley, millet, wheat, corn, quinoa

1. Spray the inside upper edge of a Crock-Pot with a nonstick spray.
2. Put cereal and water into the Crock-Pot.
3. Turn on the Crock-Pot on low. Let cook overnight.
4. Serve with nondairy milk. Use CHIP Tips.

CHIP Tips:

- Add your choice of the following items (before or after cooking): fresh fruit, dried fruit, raisins, walnuts, or cardamom. Top with freshly ground flaxseeds (1 tbsp)

Nutritional Information

Per 1 Cup Serving	127 Calories	4g Prot (12%)	25g Carb (75%)	2g Fat (13%)	0g Sugar
	5g Fiber	2mg Sodium	0mg Cholesterol	30mg Calcium	