

# Clean & Lean Revolution



## VANILLA BREAKFAST OATMEAL

SERVES ONE (360 calories per serving)

- 1/3 cup Gluten Free (GF) dry oats
- 2 tsp almond butter
- 1 tsp cinnamon
- ½ tsp vanilla
- 1/2 T chia seeds
- 2 T raisins
- 1/2 cup organic raspberries (not pictured)
- Splash of unsweetened almond milk



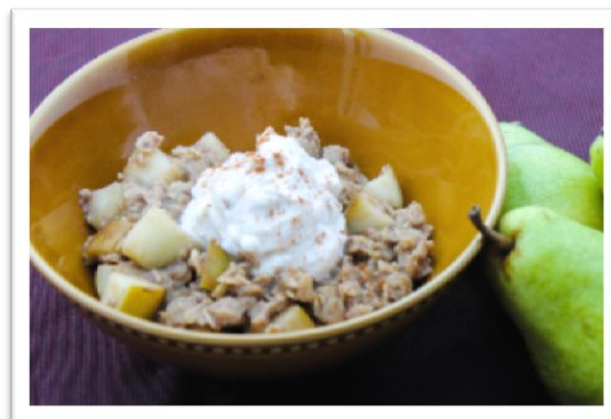
## INSTRUCTIONS

Place oats, almond butter, chia seeds, raisins and cinnamon in a glass bowl. Add 1/2 cup – 2/3 cup water and cook on high in the microwave for 2-3 minutes. Cover and let stand 1 minute. Mix. Top with raspberries and a splash of unsweetened almond milk and serve.

## HOT GRANOLA WITH PEAR AND ALMOND MILK

SERVES ONE (360 Calories)

- 200 calories Gluten Free (GF) granola
- 2/3 cup unsweetened almond milk
- chopped pear



## INSTRUCTIONS

Combine ingredients in small glass bowl. Heat for 45 seconds to 1 minute in the microwave and let stand 1 minute.