



Super Cereal for Purees and Small Eaters

Yield: 4 servings; ½ cup each

375	ml	Water	1 1/2	cups
125	ml	 Oatmeal – quick cooking	1/2	cup
1	ml	Cinnamon	1/4	tsp
125	ml	Skim milk powder	1/2	cup
125	ml	Whipping cream, 35% m.f.	1/2	cup
30	ml	Vegetable oil	2	Tbsp
60	ml	 Golden flax flour	¼	cup



1. In a medium size pot, combine the water and oat meal. Whisk in the cinnamon, skim milk powder, whipping cream and vegetable oil.
2. Bring to the boil and cook, whisking occasionally, for 4 to 5 minutes.
3. Remove from the heat and stir in the flax flour.
4. Serve with a light sprinkle of brown sugar.

Per ½ cup serving (without sugar): 270 calories, 22 g fat, 8 g saturated fat, 40 mg cholesterol, 65 mg sodium, 15 g carbohydrate, 3 g fiber, 6 protein

Forms a cohesive bolus acceptable for puree diets.

This energy dense cereal is great for small eaters.

A small serving may be all some people can manage.

2.2 g omega-3 fatty acids per serving

