

# Cooked Oatmeal



**Time:** 10 minutes

**Serves:** 1-2

**Ingredients:** 1 cup [gluten free oatmeal](#)  
Raisins  
Cardamom  
Cinnamon  
Ginger

## Directions:

1. Prepare oatmeal according to package instructions
2. Add raisins, cardamom, cinnamon, and ginger to taste

**Note:** You can mix whey, brown rice, or hemp seed protein powder into the oatmeal if you like. This is a tasty way to get about 20 grams of protein in an easily digestible form.