

Integrative Health Institute

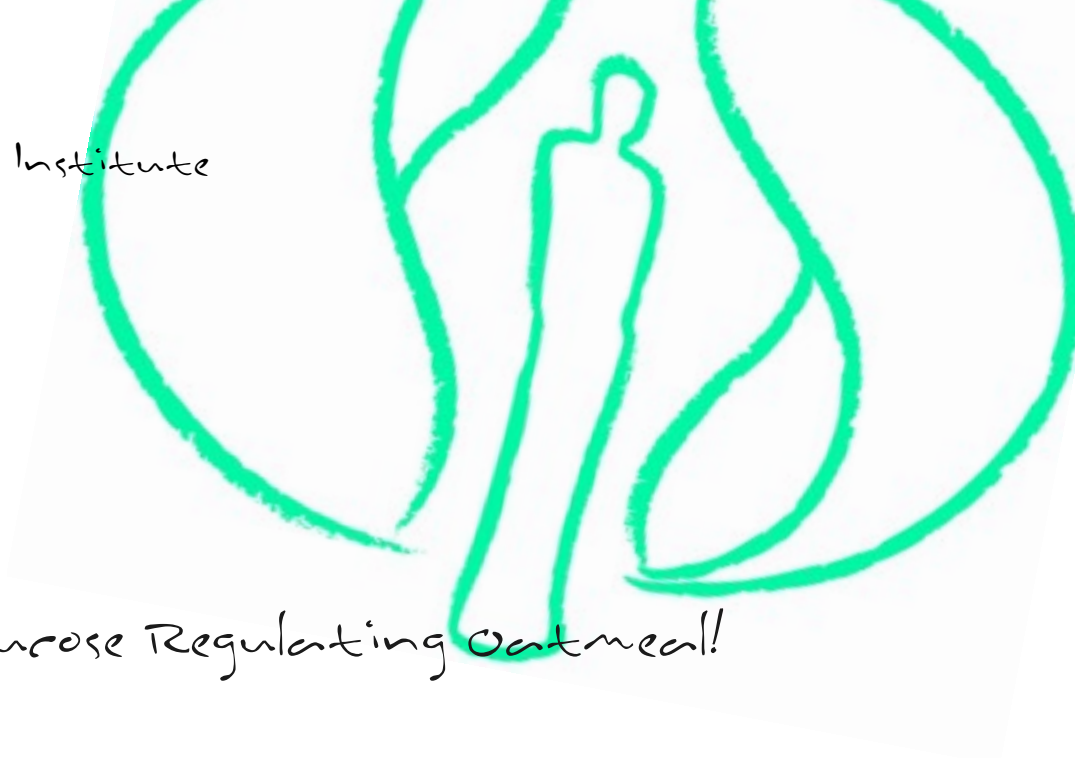
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Grandma's Glucose Regulating Oatmeal!

Created By: Grandma of Course!

Serves 1-2

Ingredients:

- 2/3 cup of whole oats (not quick cook)
- 1 1/2 cups of water
- 2 tbsp of ground flax seeds
- pinch of cinnamon
- 1 tbsp maple syrup
- Rice or almond milk

Directions

Combine oats and water in a pot and slowly bring to a simmer. When oatmeal becomes smooth and slippery remove from heat. Add rice milk as desired. Top with ground flax, maple syrup and cinnamon. Stir and enjoy!

Special Notes:

Oats, cinnamon, and ground flax all work together to help regulate your blood sugar and improve bowel function. Oats and ground flax seeds have a low glycemic index and are soothing to the GI tract.