

## Kerrmush

Serves 2

½ cups old fashioned rolled oats  
2 cups nonfat milk  
¼ cup fruit and nut mix  
2 teaspoon ground flax seeds  
2 teaspoons brown sugar or Splenda  
¼ teaspoon Sri Lanka Ethmix™ or pumpkin pie spice

1. Place the oats and milk in a small, heavy bottom saucepan. Cover, turn the heat to low, and leave it 20 minutes. (Take a shower, make the bed, or read the paper.) Stir, bring to a boil, and spoon into 2 bowls.
2. Top with the fruit and nut mix, ground flax seed, brown sugar, and just a scattering of the spice mix.

### Fruit and Nut Mix

1/4 cup each:

dried cranberries  
dried tart cherries  
pecan halves  
walnut pieces  
slivered almonds,  
whole hazelnuts (filberts)  
unhulled sesame seeds  
green pumpkin seeds  
raw sunflower seeds

Combine all the ingredients and store in an airtight jar, ready for breakfast.

Per Serving with brown sugar: 279 calories; 10 g fat; 34% calories from fat; 1 g saturated fat; 3% calories from saturated fat; 35 g carbohydrates; 130 mg sodium; 4 g dietary fiber

Per Serving with Splenda: 267 calories; 10 g fat; 35% calories from fat; 1 g saturated fat; 3% calories from saturated fat; 33 g carbohydrates; 129 mg sodium; 4 g dietary fiber