My Favourite Meal Is Oatmeal

**OATMEAL WITH CINNAMON:**
- Cinnamon is extremely good for your body as it can help to fight infections and it can repair damaged tissue.
- Just like fruit, cinnamon can also reduce the risk of heart disease. It also has a chance of protecting the body from cancer!
- Most importantly, it is a healthy spice that adds colour and makes each bite flavoursome.

**OATMEAL WITH FRUIT:**
- Fruits like strawberries, melon and lime are high in vitamin C. This particular vitamin helps to maintain bones and teeth, as well as ensuring the immune system works properly.
- Fruits are also rich in fibre: this is good because it can lower the chances of having a heart disease and type 2 diabetes.
- But mainly, adding fruits makes oatmeal delicious and sweet!

**OATMEAL WITH NUTS:**
- Nuts like almonds are high in fibre and the majority of them are extremely beneficial for the heart, preventing strokes.
- As well as that, nuts are rich in Vitamin E, which is extremely beneficial for your eyes and skin. Eating nuts with oatmeal can actually reduce weight gain!
- However, nuts are also a brilliant way to add a scrumptious crunch to your oatmeal!

**OATMEAL WITH YOGURT:**
- And finally...yogurt! Yogurt has many benefits, including being high in protein and calcium, which protects the bones.
- Oatmeal and yogurt together can improve the health of the heart, and this filling and nutritious combination makes your immune system strong.
- Overall, yogurt and oatmeal are a great duo as it will keep you bursting full of energy for the day!