

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!

My Favourite
Meal Is
Oatmeal

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!