** Hemp Heart Seed Oatmeal**

***Serves 1***

**Ingredients**

¼ cup shelled hemp heart seeds

½ tblsp finely ground flax seed

½ cup almond milk

Topping: ½ cup of fruit

**Directions**

1. Add all of the ingredients to a small pot on the stove.
2. Bring to a boil over medium heat, stirring frequently. Lower the temperature to medium-low to let oatmeal simmer until it thickens.
3. Serve in a bowl with ½ cup of fruit.

**Nutrition**

259 cals, 1g C, 15g P, 20g F

With berry topping: 300 cals, 10g C, 15g P, 20g F

