

# [PDF] Eat To Live Quick And Easy Cookbook: 131 Delicious Recipes For Fast And Sustained Weight Loss, Reversing Disease, And Lifelong Health

Joel Fuhrman - pdf download free book



## Blue Apple Nut Oatmeal

In a saucepan, combine the water, oatmeal, oats, and berries. Stirring until the oatmeal is creamy, add the blueberries and banana. Cook for 5 minutes, or until hot, stirring constantly. Mix in the apple and nuts.

### INGREDIENTS

- 1 1/2 cups water
- 1/2 cup oatmeal
- 1/2 cup rolled oats
- 2 tablespoons chia or psyllium
- 1 cup fresh or frozen blueberries
- 1 banana, sliced
- 1 apple, peeled, sliced, and placed on top
- 2 tablespoons chopped walnuts

1/2 cup oatmeal and nuts, through cooking time to 20 minutes or until oatmeal is done.

TIP: Most oat cereals called quick or instant are a great choice because they are less processed than other cereals. Instead of being steamed and rolled, oat grains are simply cut into pieces. They take longer to cook and have a chewy consistency if you are in a hurry, rolled oats (not instant) means less cooking time. Do not use quick oats or instant oats because they are too highly refined and have lost a good portion of their nutrients.

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## **Description:**

### **Discover What Millions of People Have Already Experienced-- Dr. Fuhrman's Extraordinary and Life-Changing Recipes**

Too busy to shop? Too tired to cook? Not sure what's healthy? From the #1 *New York Times* best-selling author of *Eat to Live* and the instant *New York Times* bestseller *Eat to Live Cookbook* comes *Eat to Live Quick and Easy Cookbook*, 131 super delicious, easy-to-prepare, incredibly healthy recipes. No guilt, no-fuss, just amazing food that's good for you. From the grocery store to the kitchen table, *Eat to Live Quick and Easy Cookbook* is just what you and your family have been looking for to become happier and healthier than ever before.

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