

# McDougall Made Easy Recipes

For more ideas and recipes go to the “McDougall Made Easy DVD” section on our web site: [www.drmcDougall.com](http://www.drmcDougall.com).

## Lesson 1: Overnight Oatmeal

This is a simple way to make a delicious, healthy breakfast by preparing it the night before so it will be ready to eat in the morning.

Preparation Time: 5 minutes

Cooking Time: none

Servings: 1

1 cup old fashioned organic rolled oats

1 cup soy or rice milk, or apple juice

1 tablespoon currants or raisins

½ teaspoon cinnamon

Combine all ingredients in a container and mix well. Cover and refrigerate overnight.

The next morning either enjoy the cereal cold or microwave until warmed. Stir in some seasonal fresh berries, if desired.