Summer Oatmeal: Think oatmeal is just for cold weather? Think again! In-season fruit and coconut milk cool this meal down and keep you satisfied all morning.

**Ingredients**

**Pantry ingredients:**
- Old-fashioned or steel cut oats
- Coconut milk
- Brown sugar

**Fresh ingredients:**
- Seasonal fruit of your choice (peaches, banana, nectarine, berries, citrus)

**Spices & toppings (optional):**
- Nutmeg
- Cinnamon
- Cocoa nibs
- Chopped nuts

**Process**

1. Cook your oats according to the instructions on the package (cooking times vary significantly depending on type of oats used).
2. Wash and chop your fruit into bite sized pieces if needed.
3. When oatmeal has finished cooking, top with your fruit pieces, coconut milk, and a small spoonful of brown sugar (to taste).

**Credit:** Maria Royall, HRS Wellness Coordinator