

Om Cooking - 6

One cannot think well,
love well, sleep well,
if one has not dined well. -

Virginia Woolf.

I'm sure you're all familiar with the saying "breakfast is the most important meal of the day." You may have found that if you come to yoga on an empty stomach, you get dizzy and have very little energy, especially first thing in the morning. Your body is a complex machine that needs fuel to function properly. Nourishing the body with good food at regular intervals maintains your blood sugar levels, allowing you to think clearly and use your energy efficiently to remain active throughout the day.

If you find breakfast difficult to fit into a busy schedule, try pre-portioning your food: package your favourite granola in easy to grab bags; bake a double batch of muffins and wrap separately including a few slices of cheese or a tablespoon of nut butter; or make a large batch of oatmeal, package individual servings and freeze.

This month's recipe is a versatile breakfast staple and provides that stick-to-your-ribs kind of nourishment that will fuel you through your morning be it at work, school or yoga.

Happy Cooking!

Jacinte

Yoga practitioner
& teacher to the
kitchen-challenged

Baked Oatmeal with Apples & Toasted Walnuts

- 1 cup large oats (quinoa, rice, or millet can be substituted)
- 1 cup any type of rice, nut or dairy milk
- 1/3 cup maple syrup (or brown sugar, or agave)
- 1 apple, 1" cubes (pears or dried fruit work too)
- 1/4 cup walnuts, roughly chopped (or any other nuts)
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/4 cup walnuts, for toasting

Combine all ingredients in a heavy pot. Cover and bake at 350 F for 35-45 minutes, or until lightly golden on top and all liquid is absorbed.

Meanwhile, place the nuts for toasting in a frying pan over medium-low heat, gently shaking the pan until they are golden. Immediately remove nuts from the pan and cool in a separate dish. Sprinkle on top of oatmeal and serve.

Note: If you're using an alternate to oats, be sure to adjust the amount of liquid (milk and maple syrup).

