OATMEAL BAR

Honey

Berries

Raisins

Maple Syrup

Brown Sugar

Chopped Nuts

Sliced Bananas

Apple Pie Spice

Chopped Apples

Cinnamon & Sugar

Cream or Milk, any kind

Enjoy Life Chocolate Chips

Whipped Cream (see Desserts)

Long-Cooking Oats, regular or gluten-free

Cook oats according to package directions. Add desired toppings.