

Variation: Fold in $\frac{1}{2}$ cup fresh or frozen
blueberries, or 1 med. mashed
ripe banana,
or

$\frac{1}{2}$ cup finely chopped apple;
 $\frac{1}{4}$ cup " nuts and
1 tsp. cinnamon.

* Add " w/ dry ingredients

Reheat, microwave High 30 seconds.

each 120 calories