

Teddy's Oatmeal Recipe for Anxiety



It's warm, comforting, and especially great for
the first day of school!

Ingredients:

- 1 cup rolled oats
- 2 cups milk or water
- 1-2 teaspoons of honey, maple syrup, or brown sugar
- Toppings: strawberries, banana, berries, raisins, apples (bears love these!)

Directions:

1. Combine ingredients and cook over medium heat, then reduce heat and simmer for about 5 minutes
2. Sweeten with honey and stir
3. Add Beary good toppings and enjoy!