



# Breakfast of the champions: honey oats

**Recipe note:** This is a delicious breakfast to eat before an epic walk or some other kind of exercise! I deem it the breakfast of the champions. Sometimes, it's the simple things in life that do the best job. Note to self - remember to eat this before an activity-heavy day.

Ingredients

- Oats, cooked to your liking
- Honey

### Method

1. Make oats
2. Add honey
3. Enjoy ☐

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