

Oatmeal

Submitted by Ann Zakreski

Ingredients:

1 1/2 cup water
Dash salt
3/4 cup quick cooking oats
2 dashes cinnamon
One apple, peeled and chopped
Sesame seeds and/or flax seeds
Raisins
Walnut pieces
Maple syrup

Directions:

Cook oatmeal according to directions adding cinnamon when you add the oats. Add all other ingredients except maple syrup, put into two bowls and add syrup according to taste.

Variations:

Toasted coconut
Pecans
Prunes
Dried cherries or other dried fruit

“Fasting is an expression of love and devotion, in which one sacrifices earthly satisfaction to attain the heavenly. Altogether too much of one's thoughts are taken up with care for sustenance and the enticements of the palate; one wishes to be free from them. Thus fasting is a step on the road of emancipation and an indispensable support in the struggle against selfish desires. Together with prayer, fasting is one of humanity's greatest gifts, carefully cherished by those who once have participated in it.”

Orthodox Gleanings