



Thankful Eating

In the Word of Wisdom, God tells us that grains and fruits are good to eat. He also reminds us to be thankful for our food. Here's a delicious way to start your day. Remember to give thanks! Note: Makes about 9 servings.

1 1/2 cups rolled oats (uncooked)

1 cup chopped nuts

1 cup dried fruit

1/4 cup honey

1/4 cup peanut butter

1. Mix all of the ingredients together.
2. Flatten mixture in an 8x8-inch (20x20-cm) pan.
3. Refrigerate. Cut into bars to serve for breakfast or a snack.

W.O.W. Blessings!

Some of the blessings of living the Word of Wisdom are wisdom and knowledge (see [D&C 89:19](#)). Can you solve these brain-teasers? Check answers on page 39.

- Two mothers and two daughters went out to eat. Everyone ate one burger, but only three burgers were eaten. How is this possible?
- When you have me, you want to share me. But, if you do share me, you don't have me.
- What can you hold without ever using your hands?
- How many months have 28 days?

