



OATMEAL

INGREDIENTS

- Half cup old fashioned oatmeal
- 1 cup of water or milk
- Dash of salt

MICROWAVE

- Combine water (or milk), salt and oats in a medium microwave-safe bowl.
- Microwave on HIGH for 2.5-3 minutes.
- Stir before serving.

PROCEDURE: STOVETOP

01

In a small saucepan, bring water (or milk) and salt to a boil.

02

Stir in oats and cook about 5 minutes over medium heat, stirring occasionally.

03

Serve!

