

Oatmeal

Because oatmeal is good for you, but sometimes we forget the directions.

Proportions

	Stovetop			Microwave
Servings	1	2	6	1
Water (or milk)	1 cup	1 3/4 cups	5 cups	1 cup
Oats	1/2 cup	1 cup	3 cups	1/2 cup
Salt (Optional)	Dash	1/8 tsp	1/4 tsp	Dash

Method for Quick Oats

Stovetop:

1. Bring water or milk and salt to a rapid boil.
2. Stir oats into liquid.
3. Boil 1 minute. Stir occasionally.
4. Cover and remove from heat. After a few minutes, stir and serve.

Microwave:

1. Combine water or milk, salt, and oats in a 2-cup microwaveable cereal bowl.
2. Microwave on HIGH for 1 1/2 to minutes or until thickened.
3. Mix well before serving. Bowl will be hot.

Notes

1. For thicker oatmeal, use less water or milk. For thinner oatmeal, use more water or milk.
2. Due to the difference in microwave ovens, cooking time is appropriate.