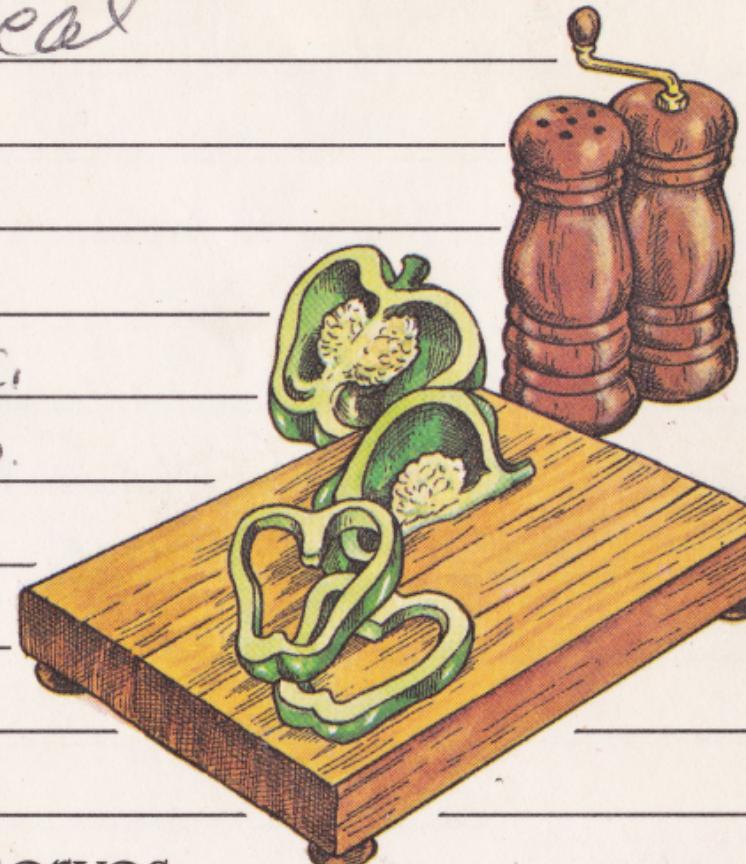


Recipe

Oatmeal

from the kitchen of _____

	Micro	Range Top	
Servings	1	1	2
Water	3/4 c.	3/4 c.	1-1/2 c.
Salt (opt)	1/8 tsp	1/8 tsp	1/4 tsp.
Oats	1/3 c.	1/3 c.	2/3 c.



serves _____

MICROWAVE:

Combine all ingredients and microwave
on medium (50% power) 5 to 6 minutes or
until thick.

Range Top:

Stir oats into briskly boiling, salted
water. Cook 5 minutes, stirring occasionally.
Cover, Remove from heat; Let stand
until desired consistency.