

Recipe Oatmeal

from the kitchen of _____

	Micro	Range	Top
Servings	1	1	2
Water	3/4 c.	3/4 c.	1-1 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.