

Cinnamon Oatmeal

1/3 C Gluten-free Oatmeal

2/3 C Milk or Water

Cinnamon Flavored Creamed Honey

Put the oats & water or milk, in a saucepan. Bring it all to a boil, stirring, then remove from heat, cover and let sit for about 5 or 7 min, so that there will be some 'chew' to it. Serve.

Add 1 tsp at a time until you reach desired flavor.