

Oatmeal: Many Ways

Serving: 1

Ingredients

$\frac{1}{2}$ cup rolled oats

1 cup water

$\frac{1}{4}$ teaspoon salt *optional*

Mix-ins *as desired*

Directions

Choose your method: stovetop or microwave.

Stovetop: Mix together the oats, water and salt into a small saucepan and cook on medium heat. Stir the mixture until it begins to bubble and the oats soften. This should take about 5 minutes and the mixture should look thick and creamy. Add more water if you prefer a thinner oatmeal.

Microwave: Mix oats, water and salt together in a microwave-safe bowl and cook for 1 minute. Add more water if you prefer a thinner oatmeal. Stir and cook for another 30 seconds-1 minute.

Either way: Add in any mix-ins that you desire. Raisins, walnuts, berries, apples, bananas, maple syrup, etc.

