

Oatmeal

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 1

Prep: 2 minutes | **Cook:** 2 minutes

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk of choice*
- 1/2 cup water
- Pinch of salt

DIRECTIONS

Microwave

- Place all the ingredients into a medium microwave safe bowl and stir together. Heat in the microwave on high for 2 minutes. Then add 15-second increments until the oatmeal is puffed and softened. This is only necessary the first time you make it. Then you can gauge the exact time needed and repeat in the future. Stir before serving.

Stovetop

- In a small saucepan, bring the water and milk to a boil. Reduce the heat to low and pour in the oats. Cook, stirring occasionally, until the oats are soft and have absorbed most of the liquid, about 5 minutes. Remove from the heat, cover and let stand for 2-3 minutes.

Notes:

- *Substitutes: Can use all milk or all water instead of doing half milk/half water. You can also use any type of milk you'd like.
- Feel free to add any kind of fruit, spices, honey, cocoa, nuts or seeds.



Nutrition Information

Serving Size: 1

| | |
|----------------------|---------------|
| Calories | 364 |
| Total fat | 7 g |
| Saturated Fat | 2 g |
| Trans fat | 0 g |
| Cholesterol | 10 mg |
| Sodium | 208 mg |
| Carbohydrates | 58 g |
| Fiber | 8 g |
| Sugars | 8 g |
| Protein | 17 g |

Recipe adapted from:
Feelgoodfoodie.net