

Oatmeal for One: 2 Ways



QUICK WARM OATMEAL

INGREDIENTS

- 1 cup water
- ½ cup old fashioned oats

DIRECTIONS

1. Place ingredients in a microwaveable bowl and mix together.
2. Microwave for 2½ minutes on high.
3. Add any mix-ins for preferred flavor.



OVERNIGHT COLD OATMEAL

INGREDIENTS

- ⅓ cup milk or milk substitute
- ⅓ cup old fashioned oats
- ⅓ cup yogurt, optional

DIRECTIONS

1. Place all ingredients and any mix-ins in a jar or sealable container and mix well.
2. Refrigerate overnight or at least 5 hours. Add more liquid if desired.

HEALTHY OATMEAL MIX-INS

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| ½ cup of fruit
(berries or chopped apple) | Drizzle of honey or pure maple syrup |
| 2 Tbsp. dried fruit | ½ banana, mashed |
| ¼ tsp. cinnamon | 1-2 Tbsp. nut butter |
| 2 Tbsp. nuts | Sprinkle of granola |