

Oatmeal Packets

Ingredients Needed:

- 1/2 cup quick oats
- 1 cup water or milk

***Cocoa option – in video**

- Add 1 teaspoon baking cocoa and 1 teaspoon sugar, or 2 teaspoons “quick-type” chocolate drink powder

***Cinnamon Raisin option – in video**

- Add 2 teaspoons packed brown sugar, 1/4 teaspoon cinnamon, and 2 tablespoons raisins

Apple Cinnamon option

- Add 1 teaspoon sugar, 1/4 teaspoon cinnamon, and 2 tablespoons apples (chopped and dried)

Cinnamon Spice option

- Add 1 teaspoon sugar, 1/4 teaspoon cinnamon, and 1/8 teaspoon nutmeg

Sweetened option

- Add 1 teaspoon sugar or 2 teaspoons packed brown sugar

Instructions:

1. Put quick oats and optional ingredients into a reusable container or plastic sandwich bag

2. Seal and store for future use.
3. When ready to use, empty packet into microwave-safe bowl.
4. Stir in 1 cup of water or milk.
5. Microwave on high 2 ½ - 3 minutes (depending on microwave).
6. Stir before serving.

Optional:

- Top with small pieces of walnuts or almonds, dried cranberries, dried banana chips or other dried fruits.

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