



Simple Cooking Series

6 Oatmeal



Ingredients:

- ½ cup milk (any kind) or water
- ½ cup instant oats

Steps:

1. Place milk and oats in a large microwave safe bowl and stir to combine
2. Microwave on high for 90 seconds or longer if you want it to be softer
3. That's it! Enjoy!

OR

4. Add toppings for flavour - see Flavour Ideas

Serve:

Flavour Ideas:

- Top with peanut butter
- Top with frozen fruit (try mixed berries) or canned fruits
- Add a drizzle of honey or a sprinkle of brown sugar
- Cinnamon apple- dice up an apple, place in a microwave safe bowl and microwave on high for 60-90 seconds. Mix with cooked oats and add a sprinkle of cinnamon

Peanut butter is the topping with the most protein, an important nutrient for staying strong and healthy

Tips and Money Savers

- Oats can be cooked on the stove. Just place oats and milk in the pot and stir until thick and warm, but be careful not to let it boil
 - Buying a large box of unflavoured instant oats is cheaper than buying the flavoured pouches
- Semolina and polenta are similar to oats and can be prepared in the same way on the stove. These are sometimes cheaper than oats, so look for specials