



Basic Oatmeal

Instructions:

Pour hot water into a bowl of oatmeal. (Optional: Add coffee to the water before you pour it in.)

Mix well and let sit for 2 minutes. Add milk and mix again.

Counts as 1 breakfast

Prep Time:

3 minutes

Cook Time:

n/a

Ingredients:

2 packets unflavored Quaker instant oatmeal

4 1/2 oz. hot water

1 oz. low-fat milk

1 tsp. instant coffee - optional