



Instant Oatmeal ala-Home

- 3 cups quick cooking oats
- Salt
- 8 snack-sized zip baggies

Variations:

Fun Fruit Oatmeal: To each packet, add 6-7 pieces of “fruit snack” type dehydrated cereal (or dried fruit)

Apple-Cinnamon Oatmeal: To each packet, add 1 table-spoon sugar, ¼ teaspoon cinnamon and 2 tablespoons chopped dried apples.

Sweetened Oatmeal: To each packet, add 1 tablespoon sugar or 1 packet artificial sweetener.

1. Put ½ cup oats in a blender and blend on high until powdery. Set aside in a small mixing bowl.
2. Repeat procedure with an additional ½ cup oats. If you’re using a food processor, you can do the 1-cup of oats in one batch.
3. Put the following ingredients into each zip baggie: ¼ cup un-powdered oats, 2 tablespoons powdered oats, and 1/8 teaspoon salt. Store in an airtight container.
4. To serve: Empty packet into bowl. Add ¾ cup boiling water. Stir and let stand 2 minutes. For thicker oatmeal, use less water; for thinner oatmeal, use more water.

This analysis is for the oat packet portion only.

Nutrition Facts	Amount/serving	% Daily Value	*Amount/serving	% Daily Value *
	6 servings per recipe	Total Fat 5g	4%	Total Carb 27g
Serving size entire recipe (42g)	Sat. Fat 0g	2%	Fiber 4g	15%
Calories per serving	Trans fats 0g		Sugars 0g	
150	Cholesterol 0mg	0%	Includes 0g added sugars	0%
	Sodium 390mg	15%	Protein 5g	
	<small>Vitamin D 0mcg 0% · Calcium 130mg 2% · Iron 10mg 10% · Potassium 890mg 4% Thiamin 15% · Riboflavin 4% · Niacin 4%</small>			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.