

Homemade Oatmeal: [back to recipe](#)

INGREDIENTS:	DIRECTIONS:
• 5 c. water or milk • 1/4 t. salt • 3 c. oats or 7 Grain Cereal Mix Optional Toppings • Butter • Milk or cream • Brown sugar, Honey, or Maple Syrup • Cinnamon, Cardamom, or Coriander • Applesauce • Raisins, Craisins, or other dried fruit • Chopped apples, pears, or bananas • Fresh berries or jam • Frozen blueberries or cherries • Chopped pecans or walnuts • Shredded coconut • Granola	• In a medium saucepan, bring water and salt to a boil. • Add oats, reduce heat to medium-low, and simmer for 5 minutes, stirring regularly. • Remove from heat, cover, and let steam for an additional 2-3 minutes. • Scoop into bowls, add optional toppings, and enjoy.

Serves: 6

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