

Homemade Instant Oatmeal Packets

for each packet you will need:

- 1/3 cup old fashioned oats
- 1 tablespoon powdered milk
- 1 tablespoon brown sugar (or less, to taste)
- pinch of salt

for each cherry almond packet:

- 1-2 tablespoons dried cherries
- 1 tablespoon chopped almonds

for each mango coconut packet:

- 1-2 tablespoons chopped dried mango
- 1 tablespoon shredded coconut

for each apple cinnamon packet:

- 1/4 teaspoon cinnamon
- 1-2 tablespoons chopped dried apples
- 1 tablespoon raisins
- 1 tablespoon chopped walnuts

To cook the oatmeal, add the contents of one packet and 2/3 cup water to a microwave safe bowl. Microwave on high 3-4 minutes, or until oats are softened and water is absorbed. (As a side note, my microwave was too hot the first time I made these, and my oatmeal totally exploded all over the microwave. I've found that cooking mine at 70-80% power works better, but it will definitely depend on your microwave. Just keep an eye on it the first few times and make sure you don't have an oatmeal explosion!)

adapted from [Super Healthy Kids](#)