

A **Recipe** to start your day off right:

## Oatmeal

(One of Rick's favorites!)

### **Make Ahead Instant Oatmeal** (Source: *Myfitnesspal.com*)

Ingredients for one serving:

½ cup uncooked quick oats

1/8 tsp. spice (cinnamon or pumpkin pie spice)

1 Tbsp. dried fruit

1 Tbsp. nuts or seeds (may substitute PB2)

1 cup skim milk (may substitute water or other plain/unflavored milk such as almond milk)



### Directions:

Layer dry ingredients into a Mason jar or zip-lock type bag. Use a label to denote today's date; store in a dry place. *Tip: Make 5-7 servings at a time.*

### To cook using heated liquid:

Bring milk or water to a boil. Pour liquid into Mason jar & stir. (If a zip-lock bag was used, you will need to pour dry ingredients into a bowl or large mug.) Let sit for 5 minutes, then stir & enjoy!

### To cook using a microwave:

Pour dry ingredients into a microwave-safe bowl. Dry ingredients should only take up half of the volume of the bowl to allow the oatmeal to expand during cooking. Cook for 1 minute; stir. If you would like a thicker consistency, cook for 30 seconds – 1 minute longer. Stir, enjoy!

### Nutrition Facts:

Nutrient:	Made with water	Made with skim milk
Calories	229	319
Protein	6g	14g
Total Carbohydrate	38g	50g
Fiber	4g	4g
Total Fat	6g	6.5 g

*If you are not a fan of hot oatmeal, try the overnight version, often eaten cold (see next page for recipe).*

*If you are not a fan of the typical texture of oatmeal, try the steel cut oats recipe (next page).*

**Overnight Oatmeal** (Source: *Betty Crocker's Color Your Own Overnight Oatmeal*)

Ingredients for one serving:

6 ounces plain yogurt

¼ cup uncooked old fashioned (rolled) oats

¼ cup fruit

**Directions:**

In a container with a tight-fitting cover, mix yogurt and uncooked oats. Stir in fruit.

Cover; refrigerate at least 8 hours, but no longer than 3 days before eating.

*Tip: Use a label to mark the date!*

**Nutrition Facts:**

Calories: 240

Protein: 9 g

Total Carbohydrate: 42 g

Fiber: 4g

Total Fat: 3.5 g

**Steel-Cut Oats in 5 Minutes** (Source: *thekitchn.com*)

Makes 5 Servings:

1 2/3 cup steel-cut oats

4 cups water or skim milk

Optional Mix-ins:

1 Tbsp. dried fruit, 1 Tbsp. nuts or seeds, spices

**Directions:**

1. Bring the oats & the water or milk to a boil. Simmer for 3 minutes, then turn off the heat.
2. Divide the oatmeal among 5 containers (pint sized Mason jars are recommended). Let cool, uncovered at room temperature for about an hour.
3. Add your optional mix-ins, cap, & refrigerate.
4. Reheat in the microwave in a microwavable safe dish for 2-3 minutes. Stir, enjoy!  
(Can also be enjoyed chilled.)

