Top Your Own Oatmeal
Makes 12 ½-cup servings

Ingredients:
2 cups fat-free or 1% milk
2 ½ - 3 cups water or additional milk*
3 cups quick oats
Assorted toppings, see below

Directions:
1. In a large pot, bring milk and water to a boil.
2. Stir in oats, reduce to medium and cook 1 minute, stirring occasionally.
3. Cover, remove from heat and let sit for 2-3 minutes.
4. Spoon into bowls and add your favorite toppings!

Topping Ideas (mix and match!):
• Dried fruit such as raisins, craisins, or currants
• Chopped nuts (almonds, walnuts, etc), peanut butter, or coconut
• Canned, fresh or frozen fruit such as berries, banana, peaches, [grapes] or mango
• Apples, chopped or grated, or applesauce
• Cinnamon, nutmeg, other spices, or vanilla
• Brown sugar, maple syrup, or honey

* Use any combination of milk and water to total 4 ½ to 5 cups, or about 3/4 cup per ½ cup oats (using less makes a thicker oatmeal, individuals can add more milk as desired).

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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