Top Your Own Oatmeal
Makes 12 servings

Ingredients:
- 2 cups nonfat 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).

Source: Choose Health: Food, Fun, and Fitness Curriculum (CHFFF)