

Basic Oatmeal

Preparation time	2 minutes
Cooking time	10 minutes
Servings	1
Cost per serving	43¢
Storage	Serve immediately.

Kitchen tools **Measuring cups and spoons, small pot, wooden spoon.**



Ingredients



160 ml ($\frac{2}{3}$ cup)
milk



15 ml (1 tbsp)
brown sugar

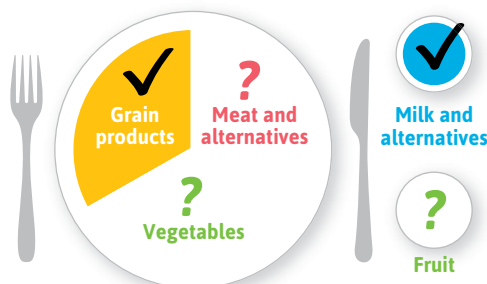


2.5 ml ($\frac{1}{2}$ tsp)
ground cinnamon



80 ml ($\frac{1}{3}$ cup)
quick-cooking rolled oats

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Balanced plate

Serve with:

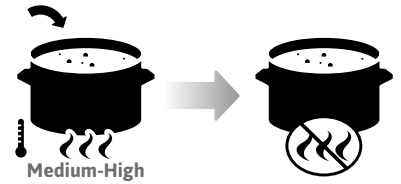
? A fruit

? Nuts or seeds can also be added for extra protein.

Directions

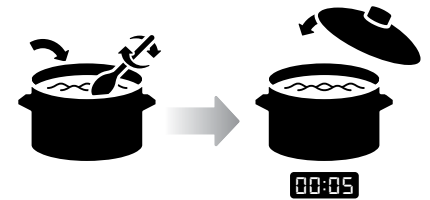
1

In a small pot, heat the **milk**, **brown sugar** and **cinnamon** over medium-high heat until bubbles are just beginning to form. Turn off the heat.



2

Add the **rolled oats**, stir and cover for about 5 minutes.
Variation: Shake up your oatmeal by adding your choice of fresh, frozen or dried fruit, and nuts or seeds!



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition