

OATMEAL

Bring salted water to a full rolling boil; quickly pour in oats.

Immediately:

1. Reduce heat to low
2. Cover. Do not stir

Cook over low heat 5-7 minutes. Serve immediately in preheated bowls.

INGREDIENTS: Regular old fashioned oats. Water. Salt

Use equal volumes of water and oats.

Use heavy cook ware.