

Oatmeal Mix-Ins

Instant Oatmeal

To prepare a half-dozen bags, first combine 4 cups of old-fashioned rolled oats (not quick-cooking oats) and 3/4 teaspoon of salt in a blender, grind them (in two batches, if necessary) to the consistency of wheat germ. Scoop half-cup portions into separate resealable plastic bags. Flavor each one (try the mix-ins below, or make up your own combinations).

Mix-Ins

Apple Cranberry: 1 teaspoon of packed brown sugar and 1 tablespoon each of chopped dried cranberry and apples (can just make apple cinnamon as well)

Brown Sugar and Spice: 1 teaspoon of packed brown sugar and a dash each of ground cinnamon, nutmeg, and clove

Cinnamon Raisins: 1 teaspoon of sugar, 1 Tablespoon of raisins, and a dash of cinnamon.

Pecan delight: 1 teaspoon of packed brown sugar and 1 tablespoon of chopped pecans.

Blueberry: 1 teaspoon of sugar, 1 Tablespoon of blueberries, and a dash of cinnamon.



