

# Hot Oatmeal



## What you need

- 1 cup of milk
- 1/2 cup of oats or 1 pack of instant oatmeal

**Servings: 1**

## ***Preparation (10 minutes) :***

1. Mix the oats and milk together in a small saucepan
2. Cook over a medium heat for about 5 minutes, stirring often
3. Serve with the topping of your choice



### Endless topping ideas for your oats:

- Peanut butter + raisins
- Sliced apple + cinnamon + raisins
- Cocoa powder + peanut butter
- Sliced banana + nuts
- Peaches + yogurt
- Peanut butter + jam
- Honey + blueberries