## Rolled Oats (Old-fashioned Oats):

### Ingredients

<table>
<thead>
<tr>
<th>Water</th>
<th>Rolled Oats</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 ¼ C</td>
<td>2 C</td>
</tr>
<tr>
<td>¼ tsp</td>
<td></td>
</tr>
</tbody>
</table>

### Directions (4 Servings-Stovetop)

1. Bring water and salt to a boil.
2. Stir in rolled oats. Reduce heat and simmer, uncovered, for around 5 minutes, stirring occasionally. Remove from heat, let stand for 2 minutes before serving.

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<thead>
<tr>
<th>Water</th>
<th>Rolled Oats</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 C</td>
<td>½ C</td>
<td>Dash</td>
</tr>
</tbody>
</table>

### Directions (Single Serving-Microwave)

1. Combine water, oats, and salt. Microwave on high for 2 ½ - 3 minutes. Stir and serve.

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### Try one of these topping combos:

- Honey, chopped pecans, and blueberries
- Bananas, coconut flakes, and hazelnut spread
- Brown sugar, apples, and peanut butter
- Dried fruit, honey, and nutmeg
- Chia seeds, kiwi, and berries
- Fried eggs, avocado, pepper
- Chocolate chips, zucchini, and strawberries

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### Chef’s Tip

Behind in the mornings? Make a big batch on Saturday and store it in the fridge to easily use in the week (microwave and add a T water). You can also try overnight oats.

Choose these oats over instant oats for a less processed, richer flavored grain. For an even less processed, longer cook time variety of oats try steel-cut oats.

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### You can also use oats in baked goods, homemade granola, and energy balls!

Recipe provided by https://www.craftsy.com and https://www.popsugar.com/