



Stovetop Oatmeal



Oatmeal is a breakfast powerhouse! Healthy, filling, and cheap, there are many variations so it never gets boring. Making oatmeal from scratch is cheaper than oatmeal packets and boxed cereal and often uses less sugar. Try it with fruit, nuts, cinnamon, peanut butter, or maple syrup. Yum! You can make a big batch and refrigerate the leftovers. To reheat, just add a little milk and microwave.

SERVINGS: 4

PREP TIME: 5 MIN

TOTAL TIME: 10 MIN

INGREDIENTS

2 cups rolled oats
4 cups soy milk
1/4 cup maple syrup

**Toppings like cinnamon,
sliced fruit, berries,
nuts, or peanut butter**

DIRECTIONS

- 1.** Heat oats, milk and sweetener in a saucepan set to just below medium heat.
- 2.** As soon as it starts to simmer, turn it down to low and simmer for about 5 minutes, stirring frequently. Add more milk to reach desired consistency. Add more sweetener if necessary
- 3.** Serve and add desired toppings.

NOTES

Apple Cinnamon Oatmeal



Oatmeal is a breakfast powerhouse! Healthy, filling, and cheap, there are many variations so it never gets boring. Making oatmeal from scratch is cheaper than oatmeal packets and boxed cereal and often uses less sugar. Try it with apples and cinnamon, bananas and peanut butter, or maple syrup. Yum! You can make a big batch and refrigerate the leftovers. To reheat, just add a little milk and microwave.

SERVINGS: 4

PREP TIME: 10 MIN

TOTAL TIME: 20 MIN

INGREDIENTS

- 2 apples, peeled and diced
- ¼ cup water
- 2 cups rolled oats
- 4 cups soy milk
- 1 teaspoon cinnamon
- 2 tablespoons maple syrup

DIRECTIONS

1. Peel and dice apples.
2. In your oatmeal pot, bring the apples and ¼ cup of water to a boil. Then lower heat and simmer for about 10 minutes until apples are soft. Add another tablespoon or two of water if the rest of the water evaporates.
3. Add oats, milk, cinnamon and maple syrup to the apples. Simmer for about 10 minutes, stirring frequently. Add more milk if it starts sticking to the bottom of the pot.



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