

Perfect Oatmeal

Servings: 10

Cook Time: 5 minutes

Recipe: YKSD FY21-03

Things to consider...

- It is important to bring the water to a boil but reduce the heat to a simmer after adding the oats. If oatmeal is added to rapid boiling water and left at that temperature, it becomes sticky instead of creamy.
- Consider adding 1 tablespoon of vanilla to the oatmeal after it is cooked.
- Allowing students autonomy in their food options will improve morale towards healthy foods, such as oatmeal. Be conservative in portions of foods high in fat and calories, such as chocolate chips and coconut flakes.
- Consider substituting 2 cups of water for 2 cups 1/2 & 1/2 milk to enhance creaminess.

Ingredients:

5 cups Old Fashioned Oats

8 ½ cups Water

1 teaspoon Salt

5 tablespoons Butter

½ cup Brown Sugar

Toppings: blueberries, strawberries, shredded coconut, chocolate chips, maple syrup, etc.

Instructions:

1. Bring water to a boil.
2. Add oats and reduce to a simmer.
3. Stir once and allow to simmer uninterrupted for 5 minutes.
4. Remove from heat.
5. Mix in salt, butter, and brown sugar.
6. Let sit for 1-2 minutes. (this allows for the flavors to absorb)
7. Serve warm with toppings.



Nutrition: (made with water) Calories = 117.45, Saturated Fat = 3.55g, Sodium = 235.55mg.

(made with water & milk) Calories = 180.25, Saturated Fat = 7.01g, Sodium = 255.35mg.