

Preparing Great Oatmeal				HOME PREPARATION	
No. of dry servings	Quick Oats	Water or Milk (Optional)	Salt (Optional)	STOVE TOP	STOVE TOP
				1. Stir Oats into briskly boiling salted water.	1. Stir Oats into briskly boiling salted water.
				2. Cook 1 minute over medium heat, stirring occasionally.	2. Cook 1 minute over medium heat, stirring occasionally.
				3. Cover, remove from heat. Let stand until desired consistency.	3. Cover, remove from heat. Let stand until desired consistency.
				MICROWAVE DIRECTIONS*	
				For 1 serving, combine Oats and water or milk in 2-cup microwave-safe covered bowl. Microwave on HIGH (100% power) for 1 1/2 to 2 minutes or until thickened.	
				* As with stove-top serving.	
				* Microwave ovens may vary in power; cooking times may need to be adjusted.	