Oatmeal Packets

TOTAL TIME: 2–3 MIN

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 tsp cinnamon
- 1/2 cup dried fruit (or sub frozen/fresh fruit and see step 2 under preparation)
- Pinch of salt (~1/8 tsp)
- Optional sweetener: honey, maple syrup, sugar
- Optional toppings: seeds, nuts, granola, milk

COOKING INSTRUCTIONS

Microwave:
1. Add 1 cup of water to dry ingredients, mix, cover, and microwave for 2 minutes. Let stand for 2 minutes.
2. Stir in honey or maple syrup and non-dried fruit, if using.
3. Add optional toppings as desired and enjoy!

Boiling water:
1. Add ingredients from preparation step 1 into a heat-safe bowl or jar. Carefully pour 1 cup boiling water over top. Let sit for 5 minutes.
2. Stir in honey or maple syrup and non-dried fruit, if using.
3. Add additional toppings as desired and enjoy!

PREPARATION

1. In a plastic bag, jar or small food storage container, combine oats, cinnamon and dried fruit. Add sugar if using (do not add liquid sweeteners yet). Store at room temp until ready to eat.
2. If using frozen fruit, pre-measure and refrigerate in air-tight container. If using fresh fruit, wash and slice, then refrigerate in air-tight container.

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