

Quick Oatmeal

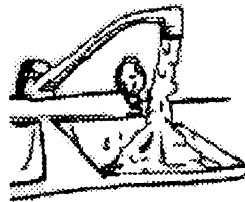
You Need:



1/3 cup
oatmeal



pinch salt



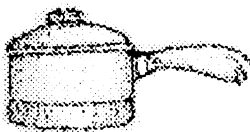
2/3 cup water



sugar



milk



saucepan with lid



1/3 cup dry
measuring cup



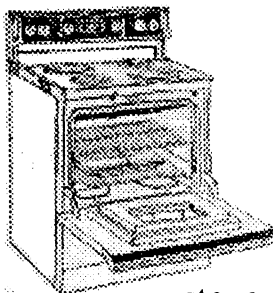
bowl



spoon

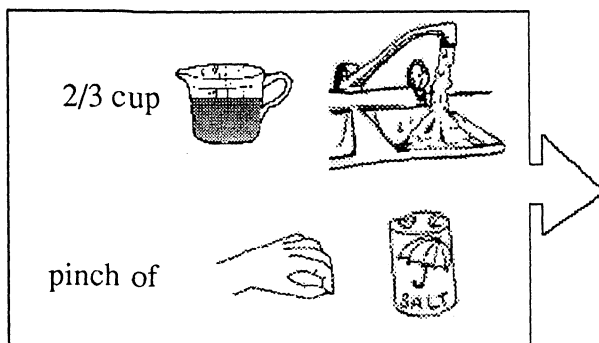


liquid
measuring cup



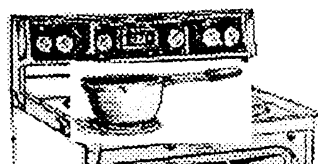
stove

1.



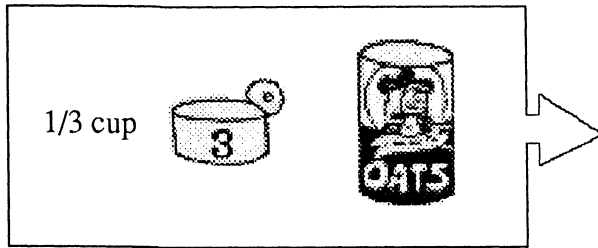
Measure and put in pan 2/3 cup water and a pinch of salt.

2.

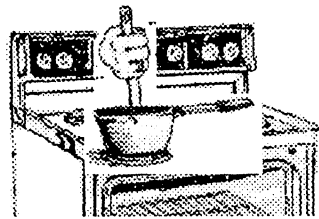


Put pan on stove. Turn stove to MEDIUM. Bring water to a boil.

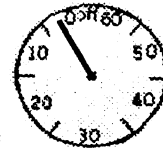
3.



Gradually add 1/3 cup quick oatmeal to pan.

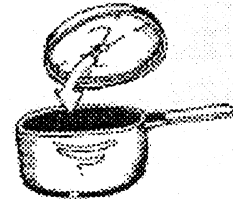
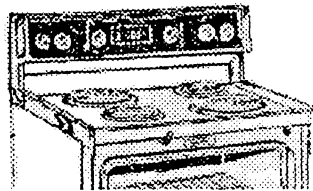


1 mins.



Cook and stir 1 minute.

4.

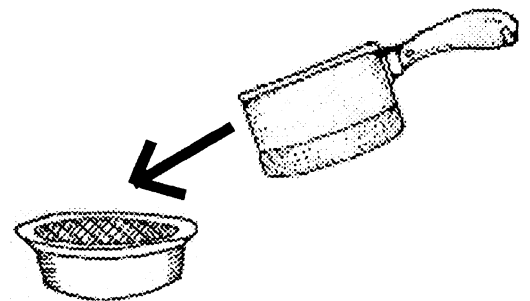
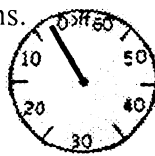


Turn stove OFF. Put lid on pan.

5.

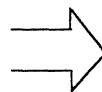


3 mins.



Let stand 3 minutes and then pour into bowl.

6.



Add milk and sugar to cereal. Serve.

QUICK OATMEAL

You Need:

1/3 cup oatmeal
pinch salt
2/3 cup water
sugar
milk
saucepan with lid

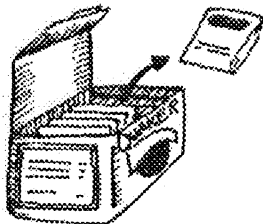
1/3 cup dry measuring cup
bowl
spoon
liquid measuring cup
stove

1. Measure and put in pan 2/3 cup water and a pinch of salt.
2. Put pan on stove. Turn stove to MEDIUM. Bring water to a boil.
3. Gradually add 1/3 cup quick oatmeal to pan. Cook and stir 1 minute.
4. Turn stove OFF. Put lid on pan.
5. Let stand 3 minutes and then pour into bowl.
6. Add milk and sugar to cereal. Serve.

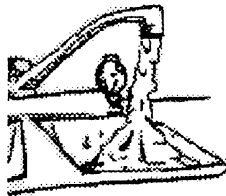
Instant Quaker Oatmeal

On The Stove

You Need:



1 pkg. oatmeal



1/2 cup water



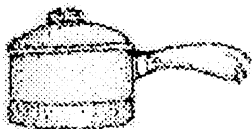
sugar



milk



bowl



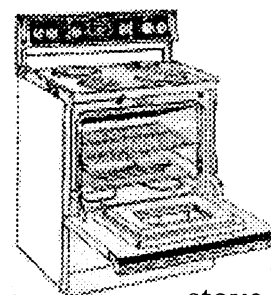
saucepan with lid



spoon

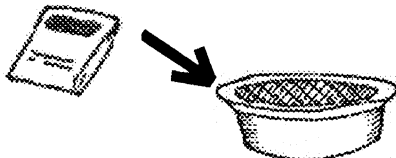


liquid measuring cup



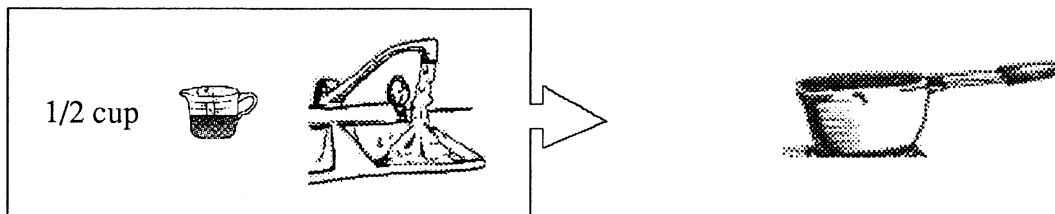
stove

1.

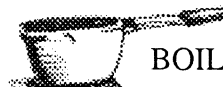
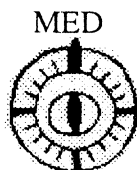
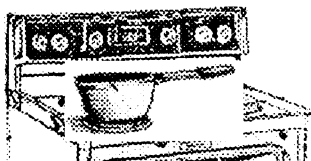


Empty packet of oatmeal into a bowl.

2.

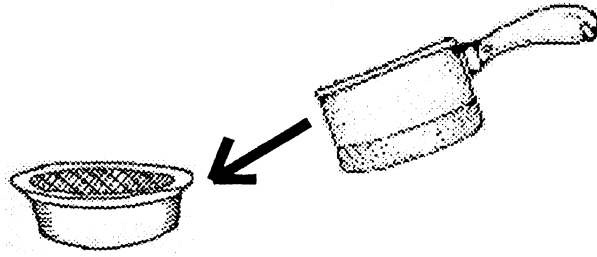


Measure and put in pan 1/2 cup water to pan.



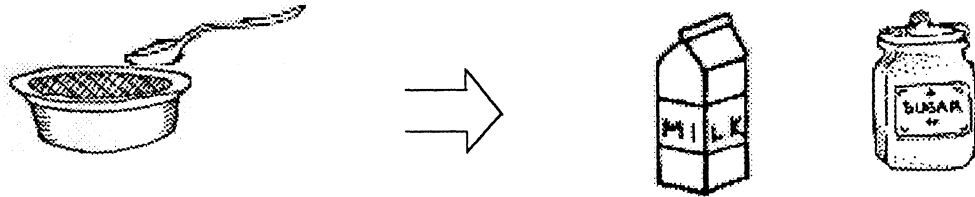
Put pan on stove. Turn stove to HIGH. Bring to a boil. Turn stove OFF.

3.



Pour the HOT boiling water into bowl.

4.



Stir and serve with milk and sugar.

INSTANT QUAKER OATMEAL
ON TOP OF THE STOVE

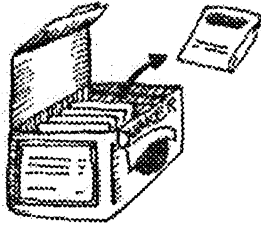
You Need:

1 pkg. oatmeal
milk
sugar
1/2 cup water
saucepan
bowl
spoon
liquid measuring cup
stove

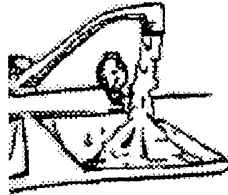
1. Empty packet of oatmeal into a bowl.
2. Measure and add 1/2 cup water to pan. Put pan on stove. Turn stove to high heat. Bring to a boil. Turn stove OFF.
3. Pour the HOT boiling water into the bowl.
4. Stir and serve with sugar and milk.

Instant Quaker Oatmeal In The Microwave

You Need:



1 pkg. oatmeal



2/3 cup water or milk



milk



sugar



bowl



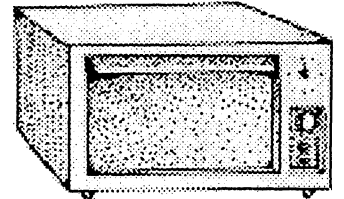
saucepan with lid



spoon

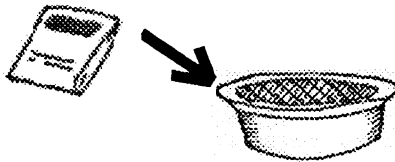


liquid
measuring cup



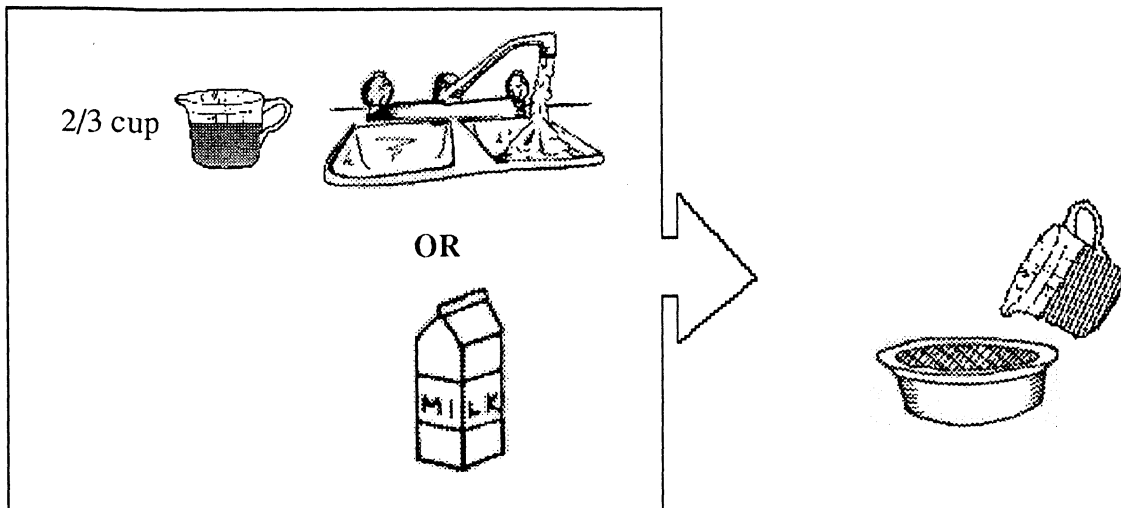
microwave oven

1.



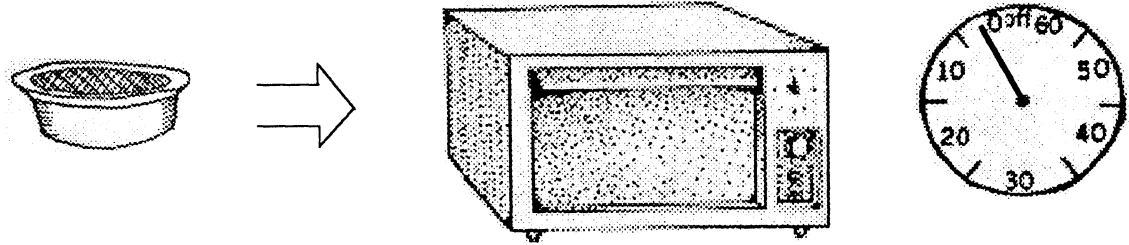
Empty packet of oatmeal into a microwavable bowl.

2.



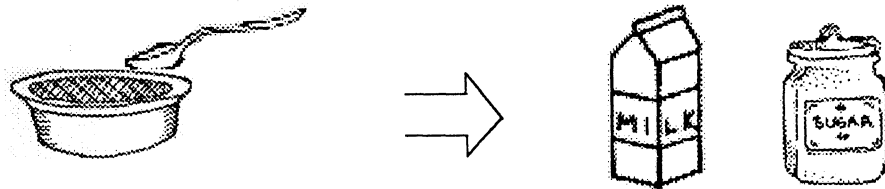
Measure and put in pan 2/3 cup water or milk to pan.

3.



Microwave on HIGH about 1 minute and 30 seconds.

4.



Stir and serve with milk and sugar.

INSTANT QUAKER OATMEAL
IN THE MICROWAVE OVEN

You Need:

1 pkg. oatmeal
sugar
2/3 cup water or milk
milk
bowl
spoon
liquid measuring cup
microwave oven

1. Empty packet of oatmeal into a microwavable bowl.
2. Add 2/3 cup water or milk to bowl.
3. Microwave on HIGH about 1 minute and 30 seconds.
4. Stir and serve with sugar and milk.