

Tom's Quick and Easy Oatmeal

A favourite, very quick and easy way to cook low-fat healthy oatmeal porridge.

Ingredients

- Half-cup of rolled oats
- One cup of water
- Fresh fruit or dried fruit for texture and natural sweetener

Method

1. Add ingredients to a microwave bowl with lid.
2. Microwave (or alternatively cook in saucepan) for 2 minutes.
3. Stir ingredients well, then serve.

Tips: You can also add some ground flaxseed for omega 3 fats, and soy-milk or the milk of your choice (oat milk or almond milk is also recommended).

