

Bread & Breakfast

Make Your Own Instant Oatmeal

Recipes:	1	2	3	4	5	6
Servings:	4	8	12	16	20	24
Ingredients:						
Oatmeal (quick or regular)	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Cinnamon	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Brown Sugar	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Optional:						
Dried fruit	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Chocolate chips	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Chopped walnuts or pecans	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.

Assembly Directions:

Mix various batches of several kinds of oatmeal.

Freezing Directions:

Store sealed mixture in freezer or pantry.

Serving Directions:

To make one serving, scoop 1/2 C. of the mixture in a bowl. Add 1 C. water and microwave for 2-3 minutes. Stir and let stand for another minute.

Nutritional Info: plain

Per Serving: 191 Calories; 3g Fat (11.9% calories from fat); 7g Protein; 36g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 5mg Sodium.

Exchanges: 2 Grain (Starch); 1/2 Fat; 1/2 Other Carbohydrates.

Nutritional Info: with dried fruit

Per Serving: 207 Calories; 3g Fat (11.0% calories from fat); 7g Protein; 41g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 6mg Sodium.

Exchanges: 2 Grain (Starch); 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Nutritional Info: with chocolate chips

Per Serving: 258 Calories; 7g Fat (22.4% calories from fat); 7g Protein; 45g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 7mg Sodium.

Exchanges: 2 Grain (Starch); 1-1/2 Fat; 1 Other Carbohydrates.

Nutritional Info: with chopped nuts

Per Serving: 238 Calories; 7g Fat (25.6% calories from fat); 8g Protein; 37g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 5mg Sodium.