

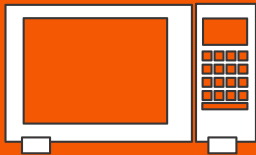
Oatmeal in a mug

Serves: 1

INGREDIENTS

1/3 cup oatmeal, quick or rolled
1 cup water
Pinch of salt

Add-in's: raisins, dates,
dried cranberries, applesauce,
banana, nuts, peanut butter,
cinnamon



INSTRUCTIONS

1. Put oatmeal, water, and salt in microwave-safe large mug. Add any fruit, nut, and spices.
2. Microwave for 1 minute and stir. Continue cooking for 30 seconds.
3. Carefully remove from microwave and cover for 2 minutes. Grab your mug and go!

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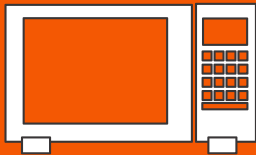
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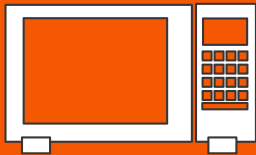
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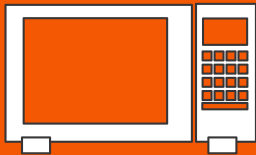
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Oats are rich in: Fiber,
Phosphorus, Thiamine,
Magnesium, Zinc

EAT.
MOVE.
SAVE.

For more recipes & tips, visit:

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Microwave Tips

Oatmeal
makes
a great midday
snack.

Prevent
burns. Use
oven mitts.

Use large micro-
wave mug to pre-
vent water from
bubbling over.

You can use
milk instead
of water.

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