

Microwave Cooked Oatmeal: From Simple to Exciting!



Tips:

1. Oatmeal is flavorful, easy to make, and a great source of energy-sustaining complex carbohydrates and protein. This recipe shows how to take microwave cooked oatmeal - or any oatmeal - from “simple to exciting!” using commonly found ingredients. As always, the ingredients

shown and used here are just suggestions. Use your imagination to make and vary your oatmeal to suit your taste.

2. **About measuring in this recipe:** You'll notice very little precise measuring in the step-by-step instructions below. That's done on purpose to help make this recipe as quick and easy to put together as possible.

Preparation Time: 5-10 minutes, depending on the number and type of added ingredients you use

Used To Make This Recipe As Shown Here
(per serving)

About 1 Handful of Quick Cooking Rolled Oats

About 1/2 Handful of Ground Flaxseed (can be substituted with any other ground seeds, nuts, or cereal)

Dash of Salt (only if you're not on a salt-reduced diet)

Ground Cinnamon

Milk or Water

Vanilla Extract

Nut Butter

Yogurt (nonfat plain Greek yogurt is shown here, but any yogurt will work)

Fresh Fruit (blueberries and blackberries are used here, but any fresh fruit will work)

Dried Fruit

Whipped Cream

Microwave Oven Safe Bowl

Tablespoon



1. Pour about **1 handful of quick cooking rolled oats** into a microwave safe bowl,...



...and add your choice or a combination of the following **optional ingredients:**

**about 1/2 handful of ground flaxseed
(or any other ground seeds, nuts, or
cereal)**



a light dash of salt



shake of ground cinnamon



2. Add about twice as much milk or water as there are oats in the bowl and...



...an optional 1/3 tablespoon (same as 1 teaspoon) of vanilla extract.



3. Put the bowl in the middle of the microwave oven and cook using HIGH heat or 100% power for about 1 minute and 20 seconds (1:20

minutes). **NOTE:** Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and cooked the oatmeal shown here for about 1:20 minutes. If your microwave puts out less watt power, cooking time will be longer. If your microwave oven puts more watt power, cooking time will be shorter.



4. After cooking, carefully remove the bowl from the microwave oven by taking hold of the cooler top edge of the bowl.



5. Stir the **freshly cooked oatmeal** with a spoon. If the **oatmeal** is not as warm as you like it, put it back in microwave oven and cook at 30-second intervals until the **oatmeal** warms to your desired temperature. **NOTE:** I recommend keeping an eye on the **oatmeal** as it cooks at 30-second intervals so that you can quickly turn off the microwave oven if you happen to see **hot oatmeal** bubble up the side of the bowl ready to spillover (which has certainly happened to me).



6. Add your choice or a combination of the **following ingredients (or any other ingredients you like):**

nut butter



yogurt



fresh fruit - after first giving it a good rinse it in the sink



dried fruit



whipped cream



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