

Microwave Cooked Oatmeal



Tip: Oatmeal is flavorful, easy to make, and a great source of energy-sustaining complex carbohydrates and protein. This microwave cooked recipe shows how to make fresh oatmeal simply (though I did include the options of using milk instead of water and adding ground cinnamon and butter for more flavor) in the microwave oven in about the same time it takes to make more highly processed packaged instant oatmeal.

Preparation Time: 3-5 minutes
Needed
(per serving)

About 1/2 Cup (or 2 handfuls as shown in step 1) of Quick Cooking Rolled Oats
Milk or Water

Dash of Salt (optional)

Butter (optional)

Ground Cinnamon (optional)

Microwave Oven Safe Bowl

Measuring Cup (only needed if you want to measure the amount of rolled oats precisely)

Table Knife (only needed if you're using butter)

Tablespoon



1. Pour about **1/2 cup** (left photo below) **or 2 handfuls of quick cooking rolled oats** (right photos below) into a microwave safe bowl and add your choice or a combination of the following **optional ingredients**:



or



a light dash of salt (optional)



shake of ground cinnamon (optional)



**about as much butter as shown
(optional)**



**2. Add 1 cup (left photo below) or about
twice as much milk or water (right photo**

below) **as there are oats in the bowl...**



or



...until what you have looks about like this.



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, and enjoy it with your **favorite toppings**. **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 (you bet, that's happened to me).

