

# HOMEMADE INSTANT OATMEAL

## Single Serving

1/2 cup oatmeal  
(ground to small flakes, NOT powder)  
1 tablespoon ground flax seed  
2 tablespoons coconut (palm) sugar  
1 heaping tablespoon raisins  
1/8 teaspoon cinnamon  
1/16 teaspoon salt  
(Zip-lock snack bag or small container  
for prepare-ahead breakfast)

## Six Servings

\*3-1/2 cups oatmeal  
(ground to small flakes, NOT powder)  
6 tablespoons ground flax seed (You'll need about 1/3 cup)  
12 tablespoons coconut (palm) sugar (You'll need about 3/4 cup)  
6 heaping tablespoons raisins (You'll need about 2/3 cup)  
6 x 1/8 teaspoon cinnamon (You'll need 3/4 teaspoon)  
6 x 1/16 teaspoon salt (You'll need about 1/2 teaspoon)  
6 zip-lock snack bags or small containers  
\*Includes extra 1/2 cup because the oatmeal settles after being ground smaller

## TO PREPARE

### Single Serving:

1. Grind the oatmeal in a food processor.
2. Combine all ingredients in a bowl, or in a small bag or container if you're preparing it for later use.

### Six Servings:

1. To save time, grind 3-1/2 cups oatmeal in food processor, in order to make 6 servings at a time.
2. Line up 6 opened zip-lock snack bags or small containers.
3. Scoop 1/2 cup of the ground oatmeal into each bag or container.
4. Add the ground flax seed for one serving to each bag or container, then follow with the other ingredients.
5. Close bags or containers tightly.

## TO SERVE

### Boiling Water Method:

1. Place ingredients in heat-tolerant bowl.
2. Pour in 1 cup boiling water.
3. Stir well.
4. Allow to sit 2 minutes.

### Microwave Method:

1. Place ingredients in microwaveable bowl.
2. Add 1 cup cold water or milk. Stir.
3. Microwave on "High" for 1 minute. Stir well.
4. Microwave on "High" for about 45 seconds more. Stir again.  
(Not all microwaves heat at the same rate, and milk heats faster than water.)
5. Allow to sit 1 minute.

To cool slightly, stir in about 2 tablespoons cold water or milk.

For variety, add some applesauce instead of adding water or milk to cool it, or add some sliced banana or chopped nuts after oatmeal is cooked.

NOTE: Be aware of the "best by" date on your ground flax seed. Refrigeration can extend the freshness.

