

Oatmeal, Microwave

Ingredients:

1 cup quick oats (1-minute)
2 cups milk
1/4 cup salted butter
2 tablespoons sugar, granulated or brown
1/2 teaspoon salt



Warning: Oats will rise while cooking, so use a TALL bowl - I like to use a glass batter bowl.

Instructions:

Put oats and milk in a large microwave-safe bowl. Place the bowl in the microwave and cook for 3 minutes. Take it out and stir well. Oatmeal should be very moist and almost runny. (Add enough water to achieve this if necessary). Then, cook for another 2 minutes on high. Take it out, add sugar, butter, and stir. Add salt and serve warm.

“I will always remember the moment when my daddy started paying attention to his cholesterol levels. He was not much of a cook before, but suddenly, he began making his own oatmeal every morning. I was in my twenties at the time. He would add raisins and nuts, and he would do it with such pride, telling me about what he put in it. I felt a warm sense of pride for him, too.”-

Tammy