

## Microwave Oatmeal

**1 CUP OF 1 MINUTE QUICK OATS**

**1 1/2 CUP MILK**

**1/4 CUP BUTTER**

**2 TBSP. SUGAR (GRANULATED OR BROWN)**

**1/2 TSP. SALT**

Put oats and milk in a large microwave-safe bowl. (*WARNING: Oats will rise while cooking so use a TALL bowl - I like to use a glass batter bowl*). Put the bowl in the microwave and cook for 3 minutes.

Take out and stir well. Oatmeal should be very moist and almost runny. (Add enough water to make it this way if it is not). Then, cook for another 2 minutes on high. Take out, add sugar, and butter- stir. Add salt and serve warm.

*“I will never forget when my daddy started watching his cholesterol levels. He had never been one to cook anything, but he began making his own oatmeal in the mornings. I was in my twenties at the time. He would get up and put raisins and nuts in it and be so proud of what he had accomplished. There was something inside of me that was proud of him too.”*

*-Tammy*