

# Greenwillow's Oatmeal

1 cup of Rolled Oats or \*Porridge Oats

*\*To make Porridge Oats, grind Rolled Oats in a food processor until desired texture.*

2 cups of Water  
1/4 tsp of Salt

*Boil water and salt. Add Oats. Cook 5-10 minutes or until desired consistency. Makes 2 servings.*

Optional: Add Cinnamon, Raisins, Chopped Apples, Sliced Banana, Butter, and/or Brown Sugar.

