

INSTANT OATMEAL

INGREDIENTS

- 10 cups instant oats, divided
- 1 cup powdered milk
- ½ cup brown sugar
- 2 tsp salt
- 1-1/2 tsp cinnamon (optional)

Add-ins:

- Chia seeds
- Flax meal
- Hemp seeds
- Powdered protein
- Ground nuts
- Dried fruit

DIRECTIONS

- In a large bowl add 6 cups of instant oats, powdered milk, brown sugar, salt, cinnamon and any other add-ins desired
- Put 4 cups of oats in a blender and blend until they're powdery, stopping a few times to shake.
- Transfer oats from blender to large mixing bowl, mixing with whole oats and other ingredients.
- You can put in a large sealed container or separate into ½ cup servings in small zippered bags for individual use.
- To serve: add ½ cup oats to bowl.
- Add 1 cup hot water.
- Stir to combine and microwave for 30 seconds to 1 minute.
- TIP: Watch closely in the microwave so that it doesn't overflow the bowl.
- Mix again. The oatmeal will thicken significantly as it cools
- Add a splash of milk if desired and enjoy!!

