

Oatmeal Recipe

Servings: 2

Ingredients:

- 1 cup water
- 3/4 cup milk of your choice (plant-based options like almond or oat milk work well)
- Pinch of salt
- 1 cup rolled oats (not instant or steel-cut)

Optional Toppings: Berries, bananas, mango, kiwi, chia seeds, flax seeds, nuts, maple syrup, honey, brown sugar, or sweetener of choice.

Instructions:

1. **Boil Liquids:** In a medium pot, bring the water and milk to a boil.
2. **Add Oats:** Stir in a pinch of salt and the rolled oats. Reduce the heat to medium and stir occasionally, allowing the oats to cook for about 5 minutes.
3. **Let it Rest:** Remove the pot from heat and let the oatmeal sit for 5 minutes to thicken.
4. **Serve:** Enjoy the oatmeal plain or top it with your favorite ingredients like fresh fruits, seeds, or nuts.

Nutritional Information (without toppings per serving):

- **Calories:** 203.7 kcal
- **Total Fat:** 4.0 g
- **Saturated Fat:** 0.5 g
- **Total Carbohydrate:** 33.5 g
- **Dietary Fiber:** 5 g
- **Sugar:** 1 g
- **Protein:** 6.5 g
- **Cholesterol:** 0 mg
- **Sodium:** 93.5 mg