

Healthy Instant Oatmeal Packets

Directions

Combine 1/3 to 1/2 cup quick or instant oats in a zip lock FREEZER bags.

Add additional flavour ingredients, if desired.

To prepare a serving of hot oatmeal: Add a oatmeal packet to mug or bowl (or leave in baggie for freezer bag preparation). Pour in 2/3 to 1 cups boiling water and stir. Let oats stand for 5-10 minutes to soften and thicken; stir and enjoy.

If using freezer bag, you may want to use a cozy to keep them hot.

FLAVOUR VARIATIONS (use the basic recipe ingredients, plus these additions):

1. Apple Cinnamon Maple — 2 tablespoons dried or 1/4 cup freeze-dried chopped apples; additional 1/4 teaspoon cinnamon; use maple sugar for sweetener
2. Blueberry — 2 tablespoons dried or 1/4 cup freeze-dried blueberries.
3. Cherry Almond — 2 tablespoons dried or 1/4 tablespoons freeze-dried cherries; 1 tablespoon sliced or slivered almonds.
4. Apricot Ginger — 2 tablespoons chopped dried apricots; 1 teaspoon minced crystallized ginger.
5. Cranberry Orange Pecan — 2 tablespoons dried cranberries, 1 teaspoon dried orange peel bits, 1 tablespoon chopped pecans.
6. Pineapple Coconut — 2 tablespoons dried or 1/4 cup freeze-dried chopped dried pineapple, 1 tablespoon freeze-dried coconut
7. Raspberry Vanilla Bean— 2 tablespoons dried or 1/4 cup freeze-dried raspberries, 1/4 teaspoon ground vanilla powder
8. Peach (or Mango) Macademia Nut — 2 tablespoons chopped dried peaches (or mangos), 1 tablespoon chopped macadamia nuts
9. Cocoa Banana — 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 2 teaspoons cocoa powder
10. Peanut Butter Banana — 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 1 tablespoon PB2 peanut butter powder
11. Mocha — 1 teaspoon cocoa powder, 1/2 teaspoon instant espresso powder