

## Pastor Steve's Quick Oatmeal

No time is not an excuse. Here's a quick way to make oatmeal—a great breakfast cereal. Pour one cup water in a good-sized microwavable bowl (the cereal bubbles up when cooking). Add ½ cup of old-fashioned oats (steel cut are the best). Just don't use instant as they turn into something resembling wallpaper paste. Add a tablespoon of raisins or other dried fruit. You can add cinnamon, nutmeg, or maple flavoring (not maple syrup). Microwave four minutes. You can add a few almonds, skim milk or lowfat soy milk. It doesn't get much faster than that for a quick, hot, nourishing breakfast.

Reynolds, Steve. *Bod4God: the four keys to weight loss*. Ventura, CA: Gospel Light Worldwide. 2009. Print

### Comments

Use a large glass mixing bowl or a 6-8 c. measuring cup or you'll be cooking your oatmeal on the microwave turntable.

If you prefer your oatmeal sweeter, slice half a banana or a few berries (fresh or frozen) and add a swirl of honey or maple syrup.