

## Warming Oatmeal

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### Ingredients

½ cup fresh blueberries

½ cup old fashioned rolled oats

1 cup water

Pinch of salt (don't skip this - it makes a difference!)

¼ - ½ tsp cinnamon to taste

Optional - ½ tsp vanilla (I don't usually do this, but some people like it.)

### Instructions

#### Microwave

I usually make my oatmeal in the microwave. Rinse the blueberries in the bowl you will use to cook the oatmeal in. Make sure the bowl is big enough so that the oatmeal doesn't bubble over! Add rolled oats, water, salt, cinnamon and option vanilla if using. Microwave for 2 - 2 ½ minutes. Let sit for 5 minutes. Enjoy

#### Stovetop

Bring water and salt to a boil. Add oats, blueberries and cinnamon. Cook uncovered for about 5 minutes stirring occasionally. They are ready when the liquid is mostly absorbed and oats are tender.

**The story behind this recipe.** Okay. I know this is simple. But I just tried a "simple oatmeal" recipe that was absolutely inedible. I have been eating this version for years. I started when I was doing a No-Added-Sugar January challenge and it has remained my favorite way to eat oatmeal.