



BULK COOKING INSTRUCTIONS

Quick Oats

For 1 serving:

1 cup water, ½ cup oats, dash of salt

For 2 servings:

1 and 3/4 cup water, 1 cup oats, 1/8 tsp salt

Boil water and salt (salt optional)

Stir in oats

Cook about 3 minutes over medium heat, stirring occasionally