

## **HOMEMADE INSTANT OATMEAL**

This recipe is for the busy parents out there. My daughter loves oatmeal and eats it a few times a week. I love making her stove-top oatmeal but some mornings I don't really have the time (and she gets impatient waiting for it to cook and cool). Occasionally when we were traveling I bought the organic little pouches of premade serving size instant oatmeal, but I hated spending the money on them. One morning it just occurred to me that I could make it myself. You could easily change up the recipe each time you made a batch. I can't wait to experiment with dried apples pieces, almonds, pumpkin seeds, etc. The possibilities are really endless. If you're feeding this to a toddler just make sure any dried fruit is cut up really small since it expands in hot water. I hope this simple little recipe saves you a bit of time and money.

### **Ingredients.**

14 cups instant oatmeal

1 cup brown sugar

2 1/2 cups raisins

1 cup flax seeds

1 tablespoon ground nutmeg

3 tablespoons ground cinnamon

Makes about 17 cups of instant oatmeal.

### **Directions.**

Simply mix all the ingredients together in a large bowl and toss to combine. When preparing portion out about 1/2 cup and saturate it with boiling water. Stir and allow to sit, adding more water if needed. Add a splash of milk and top with a little extra brown sugar. Enjoy!

**RECIPE BY KACIE MCMACKIN**

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