

# Fruity Oatmeal

1 Bowl | Grains • Fruit

## Ingredients

- ½ cup rolled oats or 1 packet instant oatmeal
- 1 cup water or milk or amount listed on the packet directions
- ½ banana, sliced, or ½ cup sliced fruit



Breakfast  
3<sup>rd</sup> grade +

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If fruit is fresh, wash it under cool, running water. Dry with a clean paper towel. If fruit is canned, open can with either the pull tab or can opener and drain the juice from the can.
3. Set fruit to the side.
4. Put oats and water or milk in a microwave-safe bowl. Microwave for 1½–2½ minutes. Watch carefully so it does not overflow.
5. Use oven mitts to carefully remove the bowl.
6. Stir the oatmeal.
7. Add fruit and mix in.
8. Let cool for 1–2 minutes before eating.



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