

A Man's Cookbook for "THE HERD"
By Robert Sturm

Oatmeal

Ingredients:

3 Cups Water
1 Cup Oatmeal

Directions

Combine water and oatmeal in pan. Bring to a boil. Simmer on low heat for 5 minutes. Stir occasionally while cooking.



Robert's Oatmeal Blend

4 Cups Quaker Rolled Oates
4 Cups Quaker Steel Cut Oats
4 Cups Coach's Oats

Directions

Mix together well. Place in airtight container. Use as above.

