

Healthy Instant Oatmeal Packets

Ingredients

BASIC RECIPE FOR A SINGLE SERVING PACKET:

- 1/3 cup rolled oats (instant or quick)
- 1 teaspoon chia seeds or ground flaxseed (optional)
- 2 teaspoons oat bran (or wheat germ/bran)
- 2 teaspoons powdered milk, or powdered coconut cream
- 1 to 3 teaspoons brown sugar, maple sugar, coconut sugar, or other preferred sweetener
- 1/8 teaspoon cinnamon
- pinch of salt

Directions

Combine basic recipe ingredients in individual medium size zip lock FREEZER bags. Add additional flavor ingredients, if desired--see suggestions below.

To prepare 1 serving of hot oatmeal:

BOILING WATER/FREEZER BAG METHOD: Add 1 oatmeal packet to mug or bowl (or leave in baggie for freezer bag preparation). Pour in 2/3 cups boiling water and stir. Let instant oats stand for 5-10 minutes to soften and thicken; stir, and they are ready to eat. If using freezer bag, you may want to use a cozy to keep them hot.

FLAVOR VARIATIONS (use the basic recipe ingredients, plus these additions):

1. Apple Cinnamon Maple -- 2 tablespoons dried or 1/4 cup freeze-dried chopped apples; additional 1/4 teaspoon cinnamon; use maple sugar for sweetener
2. Blueberry -- 2 tablespoons dried or 1/4 cup freeze-dried blueberries.
3. Cherry Almond -- 2 tablespoons dried or 1/4 tablespoons freeze-dried cherries; 1 tablespoon sliced or slivered almonds.
4. Apricot Ginger -- 2 tablespoons chopped dried apricots; 1 teaspoon minced crystallized ginger.
5. Cranberry Orange Pecan -- 2 tablespoons dried cranberries, 1 teaspoon dried orange peel bits, 1 tablespoon chopped pecans.
6. Pineapple Coconut -- 2 tablespoons dried or 1/4 cup freeze-dried chopped dried pineapple, 1 tablespoon freeze-dried coconut
7. Raspberry Vanilla Bean-- 2 tablespoons dried or 1/4 cup freeze-dried raspberries, 1/4 teaspoon ground vanilla powder
8. Peach (or Mango) Macademia Nut -- 2 tablespoons chopped dried peaches (or mangos), 1 tablespoon chopped macademia nuts

9. Cocoa Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 2 teaspoons cocoa powder

10. Peanut Butter Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 1 tablespoon PB2 peanut butter powder

11. Mocha -- 1 teaspoon cocoa powder, 1/2 teaspoon instant espresso powder