

Oatmeal Cheat Sheet

Measurements

Oats	Water	Salt	Serves
1/2 cup	1 cup	1/8 tsp	1
1 cup	2 cups	1/4 tsp	2
1 1/2 cups	3 cups	1/4 tsp.	3
2 cups	4 cups	1/2 tsp	4
2 1/2 cups	5 cups	1/2 tsp.	5
3 cups	6 cups	1/2 tsp.	6
3 1/2 cups	7 cups	1/2 tsp.	7

Add-ins

Milk or Cream

Sugar, honey, or maple syrup

Yogurt

Egg

Fresh fruit (berries, apples, peaches, pears)

Seeds (pumpkin, hemp, sunflower, chia)

Dried fruit (raisins, currants, apricots, blueberries, cranberries)

Pumpkin

Cinnamon

For more great oatmeal flavors & tips:

www.realtheKitchenandbeyond.com/oatmeal-recipes

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