



# *Wolf Pine Farm*

## *Community Supported Agriculture*

### **Simple Oatmeal**

*A simple oatmeal recipe for the old-fashioned rolled oats (not quick oats) that you will find in your Wolf Pine Farm Winter CSA share. This recipe uses a generous amount of water (3:1, water to oats) and turns out a somewhat creamy porridge. Just cook the oatmeal a bit longer if you want the porridge to thicken up.*

#### **Serves 2-4**

Note – 1 cup of rolled oats will make about 2-4 servings, depending upon your appetite and how much of your bowl you fill with fruit, nuts, and other toppings.

#### **Instructions**

Add 3 cups of water and 1 cup of rolled oats to your saucepan and bring to a boil over high heat.

Optionally, add a pinch of salt, and a small handful (~1/4 c.) of fresh cranberries, chopped apples, or raisins at this stage.

Once the water is boiling, turn heat to a low simmer, cover, and stir occasionally until water is fully absorbed and oats are tender to your liking (about 5-15 minutes).

During the above step, if the oats are tender, but you'd like the oatmeal to be thicker, remove the lid and allow a little bit more of the water to cook off. Be careful to stir frequently at this stage so that the oatmeal does not stick or burn onto the bottom.

When it's done to your liking, serve into bowls and top with any number of things such as blueberries or chopped apples and a drizzle of maple syrup.