

Oat Meal & Vegetables

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Cooking time:

12 minutes

cups

Yield:	cups	4	2
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Milk, fat free		cups	2	1
Oat Meal		cups	1	1/2
Raisins		cups	1	1/2
Vegetables, frozen	diced	cups	2	1

Add to bowl & Mix

Microway for 6 minutes, Then mix

Microway for 3 minutes, Then mix

Continue at 3 minutes until desire thickness

Serve &/or Add to container(s) & Frig for days or Freezer for months