

## **Grab and Go Oatmeal from She Makes and Bakes**

Prep time 30 minutes

1 2/3 cups steel cut oats  
4 cups water  
Pinch of salt

8 half-pint jars (8 ounces)

In a large saucepan, combine the oats, water, and salt and bring to a boil. Boil for 3 minutes and then turn off the heat. Using a large spoon or ladle, spoon the oats and water into the jars. Cover tightly and let sit on the counter overnight.

The next morning, add the spices/sweetener/fruit for the flavors you want. I used sugar, but I think you could use Splenda or another sweetener with good results. I recommend starting with 1 tablespoon sugar and 1/8 teaspoon of spice. I ended up doubling both of those, but you can adjust according to your tastes. Here's the flavor combinations I tried:

### *Strawberry:*

1 tablespoon sugar  
1 strawberry cut into pieces

### *Brown sugar cinnamon:*

1 tablespoon brown sugar  
1/8 teaspoon cinnamon

### *Cinnamon raisin:*

1 tablespoon sugar  
1/8 teaspoon cinnamon  
2-3 tablespoons raisins

### *Apple cinnamon:*

1 tablespoon sugar  
1/8 teaspoon cinnamon  
1/4 of a Granny Smith apple peeled and cut into small pieces. Microwave with a splash of lemon juice for 30 seconds to 1 minute until soft.

### *Cinnamon spice:*

1 tablespoon sugar  
1/8 teaspoon cinnamon  
Dash nutmeg

Stir the ingredients of your desired flavor and 2 tablespoons of milk (optional) into the jars. Seal tightly and store in the fridge. When you're ready to eat, microwave for 2-3 minutes until hot. Once peaches come into season or I have enough motivation to buy a bag of frozen peaches, I plan on trying peaches with 1 tablespoon sugar, too.

My favorite flavor so far is the apple cinnamon. Love it. The cinnamon raisin is good, but the raisins get very plump sitting in the liquid for so long. If you aren't a fan of that, I would make it without the raisins and then add the raisins in right before you microwave it to eat.

Source: Adapted from [Sprinkled With Flour](#)