

The Only Basic Oatmeal Recipe You'll Ever Need

Active Time

2 Mins

Total Time

7 Mins

Yield

Serves 2 (serving size: about 1/2 cup)

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Searching for the perfect basic oatmeal recipe? Our tried-and-true formula is sure to be a keeper. Simple ingredients, easy directions, and plenty of fiber and protein make the beloved healthy breakfast staple more delicious than ever. Best of all, it's totally customizable—add your favorite nutritious mix-ins such as fresh fruit, sliced nuts, or a dollop of peanut butter.

Ready to mix it up? Take a look at these 12 out-of-this-world oatmeal recipes.

Looking for how to make steel-cut oats? Check out the recipe here.

Ingredients

1 cup old-fashioned rolled oats (such as Quaker Oats Old-Fashioned Rolled Oats)

1 cup milk

1 cup water

1/8 teaspoon kosher salt

1/2 teaspoon ground cinnamon

1 teaspoon honey

Desired toppings (such as sliced almonds, peanut butter, or fresh fruit)

How to Make It

Step 1 Combine oats, milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, then reduce heat to low.

Step 2 Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly.

Step 3 Divide equally between two bowls. Drizzle each serving with 1/2 teaspoon honey. Add additional desired toppings and serve.

Chef's Notes

For dairy-free oatmeal, substitute your favorite nut milk.

Nutritional Information

• Calories 220, • Fat 5g, • Satfat 2g,
• Monofat 2g, • Polyfat 1g, • Protein 12g,

- Carbohydrates 36g, • Fiber 4g,
- Sugars 10g, • Added sugars 3g,
- Sodium 180mg, • Calcium 15% DV,
- Potassium 6% DV.