

Oatmeal

- 8 cups of water
- 1 cup of oats (quick-cooking is ok)
- 1 cinnamon stick
- 1/4 - 1/2 cup of sugar
- 2 teaspoons of vanilla extract
- Blend the oats, cinnamon and water in a blender for a minute or 2

Some peeps do all the oats and cinnamon with 4 cups of water, decant (or strain) off the liquid, add fresh water and blend again, decanting (straining) a second time. Solids can be added back in if you like.

Some peeps do all the oats and cinnamon with all 8 cups ... blending and decanting to reduce solids as much as possible.

I normally just blend it all up and call it good.

→ add sugar, vanilla, stir and chill in the refrigerator