

Oatmeal

Ingredients for one table (about 5 servings):

- 2 cups oats
- 4 cups water
- 1 tsp cinnamon
- 1 pinch of salt

Heat water in heavy-bottomed pot, and add oats, salt, and cinnamon. Stir. Bring to a boil, cover and let sit several minutes. Check for consistency. If oatmeal is too thick, add boiling water and stir to get desired consistency. Serve sprinkled with a little more cinnamon. Oatmeal can be served with yogurt, raisins, honey, chopped almonds, and milk.

For more delicious recipes, visit www.hawthornevalleyfarm.org/farm-camp-recipes