

Easy Morning Oatmeal

Serves
6

INGREDIENTS

- + 2 cups water (or milk)
- + 1 cup oatmeal
- + 1 small cubed or sliced apple
- + cinnamon, nutmeg, or pumpkin spice to taste
- + pinch of salt (optional)

DIRECTIONS

- 1 Place all ingredients in rice cooker and turn it on.
- 2 Go for a walk or run, do yoga, get kids up... come back to an easy, hot breakfast.