Easy Morning Oatmeal

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.