INGREDIENTS:

1 & 1/2 cups of rolled oats
1 cup of water

METHOD

1. Place the ingredients into a saucepan and stir over a medium heat.
2. Bring to the boil then lower the heat to a simmer. Remember to stir.
3. Simmer for 4 min approx. until oats have softened.
4. Remove from heat and eat. (Might need a sweetener)