

Homemade Instant Oatmeal Packets

Yield: 1 serving per packet

Mix and match the options to create a healthy alternative to the store-bought packets.

Ingredients:

BASIC RECIPE FOR A SINGLE SERVING PACKET:

- 1/3 cup (30 grams) quick or old fashioned oats
- 1 teaspoon chia seeds
- 1 teaspoon ground flaxseed
- 1/8 teaspoon cinnamon
- Pinch (1/16 teaspoon) sea or kosher salt

OPTIONAL ADD-INS (see our favorite flavor combinations below):

- Dried or freeze dried fruit, chopped
- Chopped nuts or seeds (pecans, walnuts, almonds, pumpkin seeds, etc.)
- Powdered peanut butter
- Vanilla extract (add when preparing the oats) or additional spices like cinnamon or nutmeg
- Dark cocoa powder

To Make Oatmeal

- 2/3 cup or 3/4 cup water, depending on method (may substitute milk of choice; amount may vary depending on chosen add-ins)
- 1/4 cup plain Greek yogurt (for refrigerator oats only)

Instructions

1. Combine the basic recipe ingredients in individual zip-top bags or storage containers of choice. If desired, add additional ingredients for customized flavors. (See ideas below.) Mason jars are a great option to the bags and can be used for storage as well as eating. If using, choose a jar with at least a 12-ounce capacity to ensure room for stirring.

To prepare a single serving of hot oatmeal:

BOILING WATER METHOD (better for quick or instant oats rather than the thicker old-fashioned oats):

1. Add one oatmeal packet to a mug or bowl.
2. Pour in 2/3 cups boiling water and stir.
3. Let stand for 2-4 minutes to soften and thicken; stir, adding a little more water or milk to loosen, if needed, and enjoy.

MICROWAVE METHOD:

1. Add 1 oatmeal packet and 2/3 to 3/4 cup cold water or milk of choice to a microwave-safe mug or bowl. (The container needs to be about twice the volume of the dry oat mixture to allow room for expansion; start with the lesser amount of liquid the first time.)
2. Cook on high for 90 seconds, adjusting as needed for individual microwave.
3. Stir, and then allow the oats to thicken for 2-4 minutes.
4. Stir again, and add an extra drizzle of liquid to loosen or cool the oatmeal, as desired.

To prepare a single serving of easy refrigerator oatmeal:

1. Add one oatmeal packet to a jar or bowl. Stir in 1/2 cup milk of choice and 1/4 cup yogurt and cover.
2. Refrigerate overnight (or at least 4 hours) before eating. Prepared refrigerator oats will keep for up to 3 days.
3. When making refrigerator oats, stir in an assortment of chopped bananas, peaches, berries, slivered almonds, a drizzle of maple syrup, and/or other traditional oatmeal mix-ins just before eating.

FLAVOR VARIATIONS

(Combine The Following Ingredients With The Basic Recipe)

1. **Plain:** follow basic recipe
2. **Cinnamon Raisin:** 2 tablespoons raisins and 1/4 teaspoon total cinnamon
3. **Apples and Cinnamon:** 2 tablespoons dried apple bits or 1/4 cup dehydrated apples and 1/4 teaspoon total cinnamon
4. **Peanut Butter Banana:** 1 tablespoon powdered peanut butter and 1/4 cup dehydrated bananas (may add fresh banana and/or regular peanut butter prior to serving – and a spoonful of jam just before eating makes a great PB&J version)

5. **Strawberries and Cream:** 1/4 cup freeze-dried strawberries and 1/4 teaspoon vanilla (could add vanilla extract when adding liquid); coconut milk is a nice option to water or regular milk for this flavor, as is a tablespoon or so of toasted coconut flakes
6. **Dark Chocolate Raspberry:** 1/4 cup freeze-dried raspberries, 1 tablespoon dark or semi-sweet chocolate chips (I like to wrap the chips in a small piece of plastic wrap and reserve them as a topping; may mix with oats if melted chocolate throughout is preferred.)
7. **Chocolate Peanut Butter Cup:** 1 tablespoon peanut butter powder and 1 tablespoon chocolate chips (wrapped separately or added later if you prefer as a topping; see above) If you don't have powdered peanut butter, simply stir in regular peanut butter or nut butter of choice when preparing.
8. **Blueberry:** 2 tablespoons dried or 1/4 cup freeze-dried blueberries and 1/4 teaspoon vanilla powder (optional)
9. **Tropical:** 1/4 cup dehydrated mango or pineapple (or a mix of both) and 1 tablespoon toasted coconut flakes (coconut or coconut/almond milk is a tasty option to water for this one)

Notes & Tips

*When using powdered peanut butter, add 1 tablespoon powdered peanut butter per serving.

Another option is to add 2 teaspoons of powdered milk to the basic recipe for a little extra creaminess. Alternatively, try these packets according to the microwave directions using milk/alternative instead of water. Milk adds creaminess, flavor, and nutrients. An in between option is to make with a little less water than needed and, once thickened, loosen with milk of choice.

Make-ahead convenience: these bags may be made, tightly sealed, and stored for several months, depending on the shelf life of the ingredients used. May be stored in freezer to extend their life further.

To make oatmeal packets gluten-free, use certified gluten-free oats.