

Creamy Oatmeal Delight

Indulge in a comforting bowl of creamy oatmeal, sweetened to perfection. This quick and nutritious dish is perfect for breakfast or a cozy snack.


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup milk (dairy or non-dairy)
- 1 tablespoon sugar
- A pinch of salt
- Optional toppings: fresh fruits, nuts, or a drizzle of honey

Steps

- 1 In a small saucepan, combine the rolled oats, milk, sugar, and a pinch of salt.
- 2 Bring the mixture to a gentle boil over medium heat, stirring occasionally.
- 3 Once boiling, reduce the heat to low and let it simmer for about 5 minutes, or until the oats are soft and creamy.
- 4 Remove from heat and let it sit for a minute.
- 5 Serve warm in a bowl and add your favorite toppings such as fresh fruits, nuts, or honey.